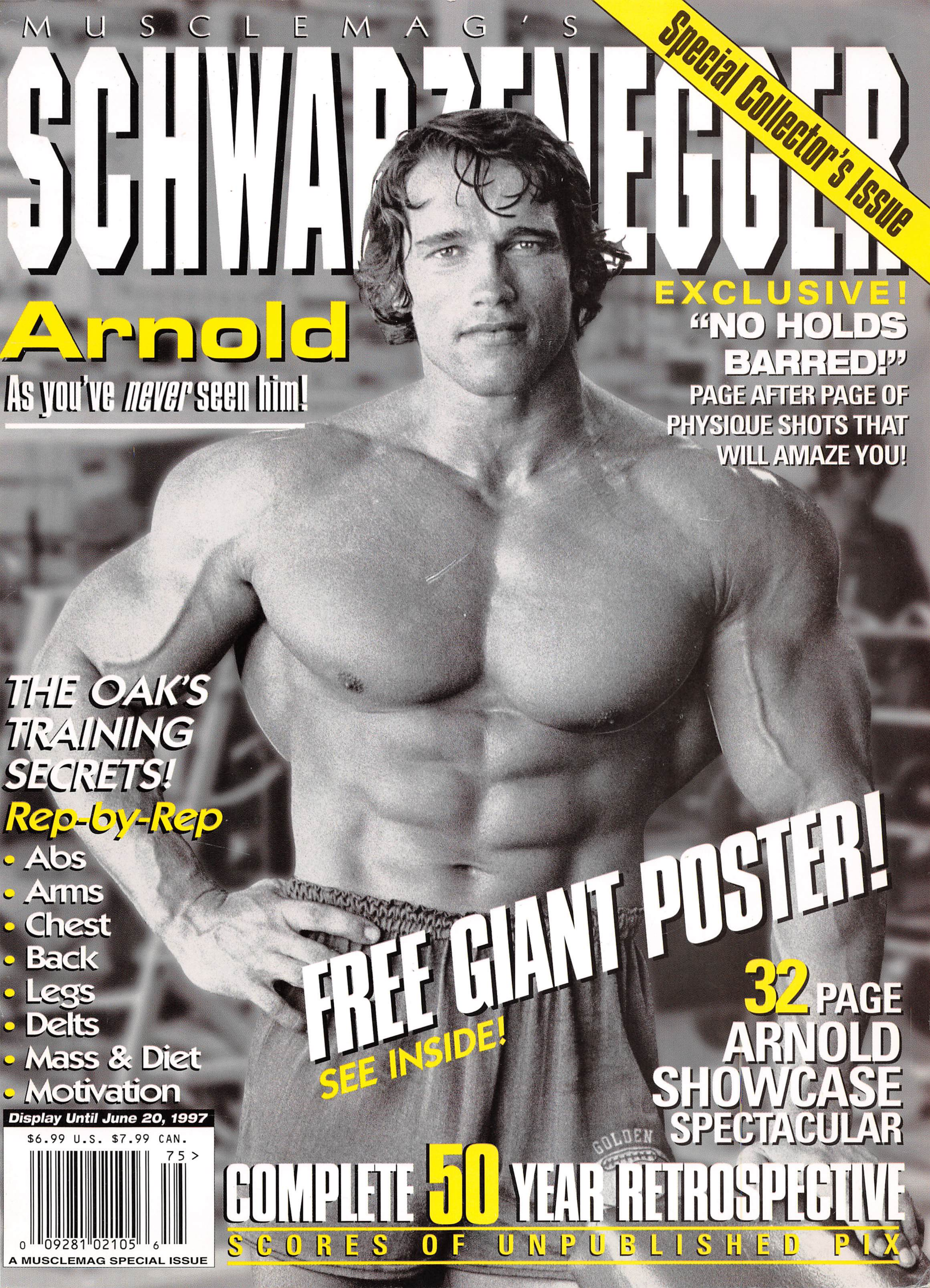
MUSCLEMAG'S

# SCHWARZENEGGER

**Special Collector's Issue**



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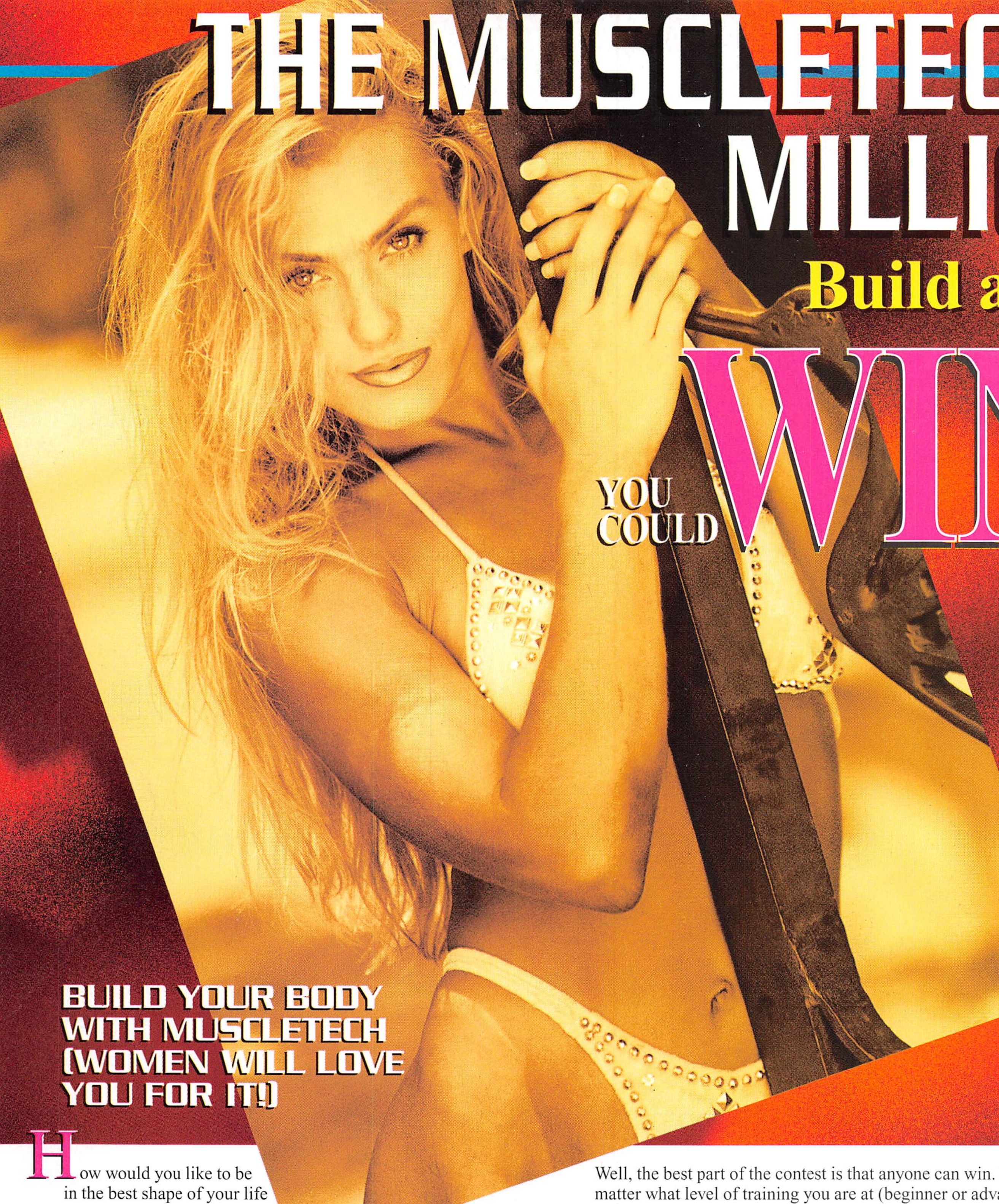

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motivate you (and many others) to be part of this 'research', MuscleTech is offering you the chance to win $50,000 in cash and prizes. You see, it's a win-win situation. MuscleTech benefits by receiving your 'real-life feedback' and you benefit by getting in the best-shape-of-your-life as well as the chance of winning $50,000 in cash and prizes.

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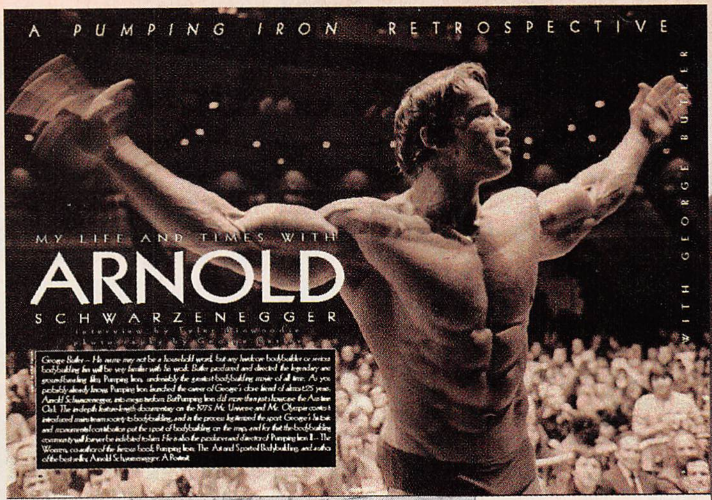
**SUPPLEMENTS THAT WORK!**

# ARNOLD SCHWARZENEGGER

## PORTRAIT OF AN ICON


A PUMPING IRON RETROSPECTIVE

WITH GEORGE BUTLER

MY LIFE AND TIMES WITH

ARNOLD SCHWARZENEGGER

interview by Tyler [illegible]

photography by George Butler

George Butler – His name may not be a household word, but any hardcore bodybuilder or serious bodybuilding fan will be very familiar with his work. Butler produced and directed the legendary and groundbreaking film, Pumping Iron, undeniably the greatest bodybuilding movie of all time. As you probably already know, Pumping Iron launched the career of George's close friend of almost 25 years, Arnold Schwarzenegger, into mega stardom. But Pumping Iron did more than just showcase the Austrian Oak. The in-depth feature-length documentary on the 1975 Mr. Universe and Mr. Olympia contests introduced mainstream society to bodybuilding, and in the process legitimized the sport. George's fantastic and monumental contribution put the sport of bodybuilding on the map, and for that the bodybuilding community will forever be indebted to him. He is also the producer and director of Pumping Iron II – The Women, co-author of the famous book, Pumping Iron: The Art and Sport of Bodybuilding, and author of the best-seller, Arnold Schwarzenegger: A Portrait.

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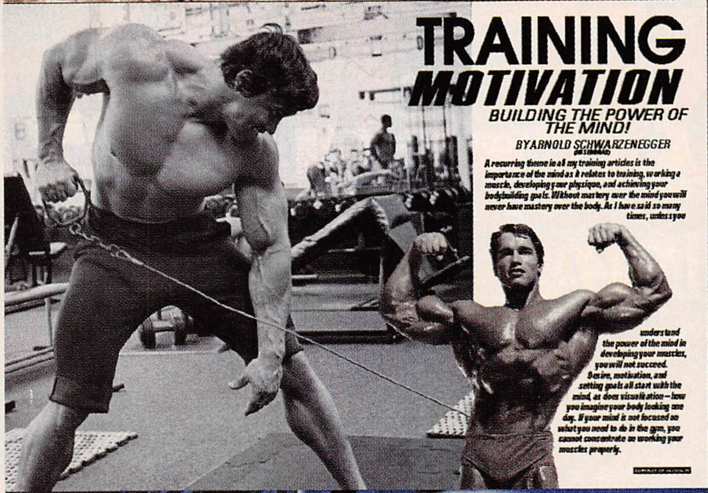
TRAINING MOTIVATION

BUILDING THE POWER OF THE MIND!

BY ARNOLD SCHWARZENEGGER

A recurring theme in all my training articles is the importance of the mind as it relates to training, working a muscle, developing your physique, and achieving your bodybuilding goals. Without mastery over the mind you will never have mastery over the body. As I have said so many times, unless you understand the power of the mind in developing your muscles, you will not succeed. Desire, motivation, and setting goals all start with the mind, as does visualization – how you imagine your body looking one day. If your mind is not focused on what you need to do in the gym, you cannot concentrate on working your muscles properly.

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How I built my massive 22½-inch arms

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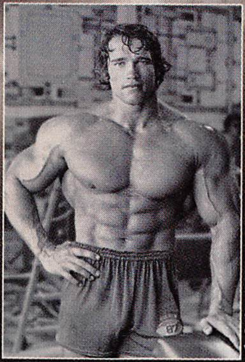

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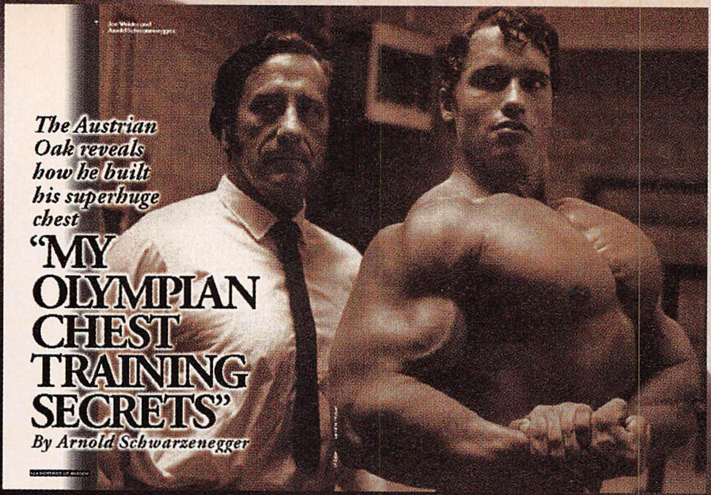

The Austrian Oak reveals how he built his superhuge chest

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By Arnold Schwarzenegger

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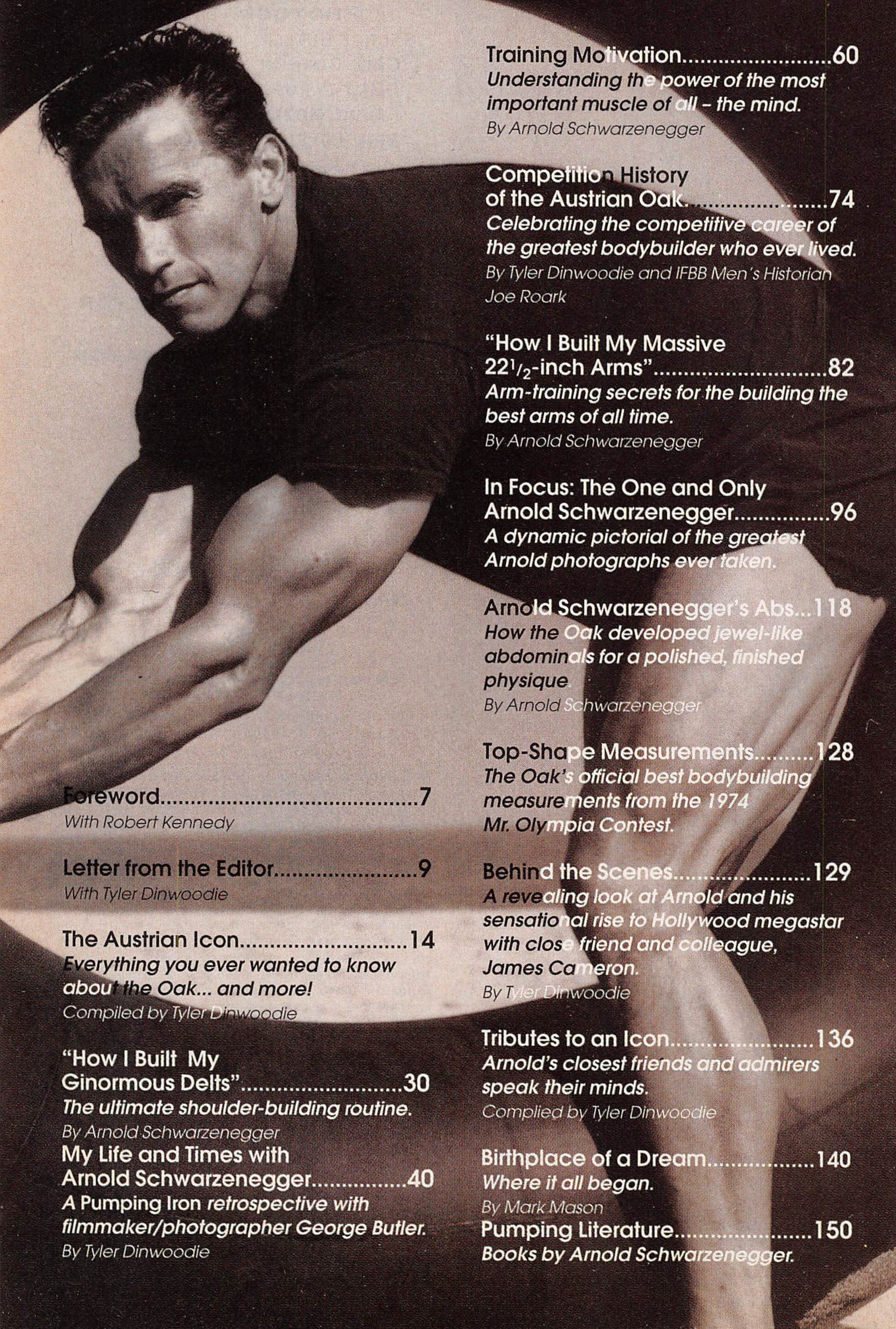

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A portion of the proceeds from the sale of this magazine will be donated to the **Inner-City Games Foundation.** Those interested in financially contributing to this worthwhile charity, please call 310-314-1492.

John Balik

# ARNOLD SCHWARZENEGGER

## PORTRAIT OF AN ICON

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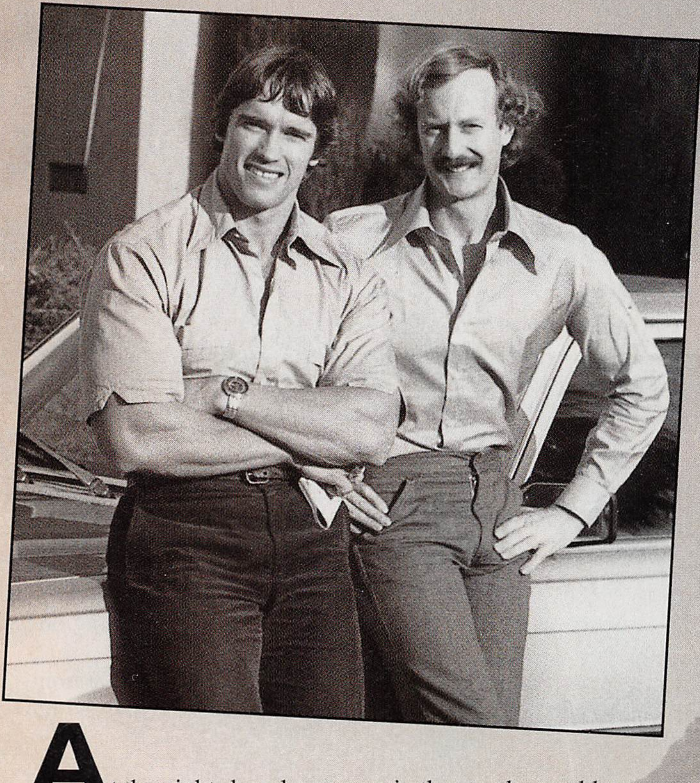
**Printed in U.S.A.**

A Robert Kennedy's MUSCLEMAG International
Special Issue

# Foreword

*The first time I heard of Arnold Schwarzenegger, I was outside the Victoria Palace Theater in London. It was the day of the NABBA Mr. Universe contest. The crowd were all talking about a young 19-year-old Austrian with 20-inch arms. Understandably not a single person could pronounce or even remember his name, but they sure remembered his arms. Some were already nicknaming him "The King."*



At the night show he was again the stand-out athlete, even though he didn't win the contest. That honor went to Californian Chet Yorton, who was more ripped, cut and tanned than the young man from Graz. From that initial appearance Arnold went on to win numerous NABBA Universe contests, and then decided his future was in the United States.

He applied for a job with Bob Hoffman of the York Barbell Company, but they turned him down, saying that they didn't have work "for professional bodybuilders." Not long after that Joe Weider offered Arnold a contract to reside in the USA. He got $200 a week and a rented Volkswagen (which he could barely fit into). His life took on a new meaning. Arnold was on his way to unstoppable stardom.

That Mr. Universe contest in London was 30 years ago, but you know, when something special is seen, it stays in the memory. Truthfully, I can still "see" Arnold at this show, just 19 years old but with 20-inch arms. I can "hear" the cries, whoops and whistles of the audience as he was introduced. It's all still as clear in my mind as though it happened yesterday. He actually got a standing ovation from the audience. No, Arnold didn't win the contest that day, but he was definitely the star of the show.

Few people realize that Arnold Schwarzenegger was a big star overseas, doing scores of guest-posing exhibitions throughout Britain and continental Europe, a full two years before he was known in North America. He was a big name even as a teenager, during his time in the Austrian army, training near his hometown, and at his gym in Munich. The man was known, popular and scorching hot. All this was BW (before Weider).

Things haven't changed. In fact, except for only the briefest of moments in 1993 – when *Last Action Hero* (produced by and starring Arnold) appeared to gross less than his previous blockbuster epics, and the press did an about-turn on the superstar – did his popularity slightly wane. (The year 1993 was not Arnold's greatest.) A year later, however, the Austrian Oak had turned up the heat. Today he is hotter than ever! Amazingly, the once belittled *Last Action Hero* has turned into a worldwide money-making project, proving that almost everything Arnold touches turns to gold.

I have known Arnold since he was 19. We have had workouts together in the original Gold's Gym on Main Street, Venice. I've been to his birthday parties and recall one New Year's Eve when we wobbled from one Santa Monica hotel bar to another. I was with him in Zuckie's restaurant when he met his first serious girlfriend, Barbara. (They were together for several years.)

When Arnold decided to go into the contest-promotion business with his loyal friend Jim Lorimer, promoting the Arnold Schwarzenegger Classic, *MuscleMag* was the first publication to offer free promotion so that the show could gain quick and positive exposure. Today it's the biggest bodybuilding show on earth.

We were the only bodybuilding mag at the *Pumping Iron* premiere, and no other publication gave the same amount of advance hype as we did for Arnold's first blockbuster, *Conan the Barbarian*. I still remember the lineups of fans surrounding the movie theater in Toronto on opening day... all as a result of media exposure. I wired my congratulations overnight to Arnold, knowing positively that his film career was set for unparalleled success.

We were at the first Planet Hollywood opening with Arnold in New York City, being the only bodybuilding mag to cover the event. We have covered his White House workouts with the President of the United States and attended his volunteer work for the Special Olympics and Inner City Games.

Layout by Dom Mochrie

BACKGROUND PHOTO BY GEORGE BUTLER

Art Zeller

As the years have rolled by, with water racing under the bridge to who knows where, Arnold has expanded his interests from acting to art and antique collecting, film producing, directing, sketching and painting. He is no slouch at sports either. He enjoys skiing, bowling, archery, horseback riding, target shooting, weight training (natch!), motorcycling, tennis, swimming and scuba diving. (He's been a licensed diver since 1974.) His work with a variety of charities is legendary.

Arnold is one of the most traveled people on the planet. He has seen the insides of more gyms than any other human being, having trained and lectured in every niche and corner of the globe. He is probably the most famous man on earth!

Whenever the public are polled as to whom they would like as President, or whom they would trust most when buying a used car, Arnold's name always come up, especially if the poll is based on trust, faith, integrity or reliability.

We meet only briefly these days at contests or promotions, but that doesn't diminish our total support of everything he does. In the early days of *MuscleMag* we had an Ask Arnold column in which readers' training questions were answered. After that we started the Arnold Hotline, the only regular monthly news on the Oak. Both were total successes.

Today Arnold is happily married to TV's star reporter, Maria Shriver. They have three wonderful kids – Katherine, Christina and Patrick.

Why did Arnold make it over and above the other four billion people on this earth? His drive is extraordinary, but he has the ability to recognize the reality of a situation. He sets a goal and applies massive effort to accomplish it. His self-discipline is the icing on the cake.

My own admiration for Arnold is based on his ability to enjoy life equally when he was beginning his career as a bodybuilder, and now when he is the world's biggest celebrity. Ongoing passion for life and a distaste for negativity are what make him great.

Long live The King!

Robt Kennedy

**Robert Kennedy**
**Publisher**
***MuscleMag International***

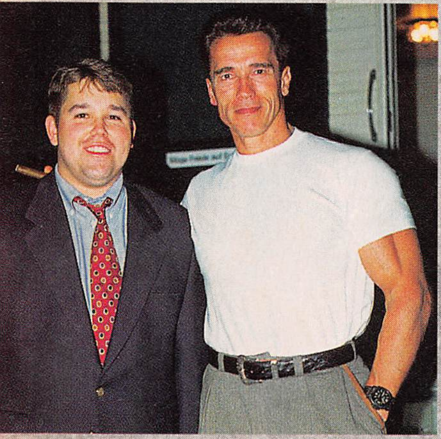
BACKGROUND PHOTO BY GEORGE BUTLER

# A letter from the editor

*Like most people, I first saw Arnold Schwarzenegger in* Pumping Iron. *The time was 1984, and I was 12 years old watching the classic bodybuilding documentary on late-night television in Chicago.*

I will never forget that indomitable image of the Austrian Oak training his phenomenal biceps in the old Gold's Gym in Venice, California. There was something magical about the scene – almost as if the entire essence of bodybuilding was captured within that brief training footage. Arnold had a profound impact on me that is difficult to articulate. While I was completely blown away by his physique, I was even more intrigued by the already famous movie star's captivating and charismatic personality. From that point on I was totally consumed with the sport of bodybuilding. I wanted to be just like Arnold. As the years passed, and after reading every book and magazine article on or by the Oak that I could get my hands on, I developed a level of respect for him – not necessarily as a bodybuilder or a movie star, but as a person – that I have never had for anyone else. The more I learned, the more fascinated I became.

Realizing all that Arnold has overcome in his life and all that he has accomplished – and continues to accomplish – is awe-inspiring. There is no obstacle he can't overcome, no goal that he can't realize. I can think of no man in history who has been able to transcend modest beginnings to achieve such immense greatness in so many diverse areas. Simply "Arnold" to his fans around the world, he has become perhaps the single most famous person of our time, giving new meaning to the term "superstar."



I first met Arnold in person early last year when I interviewed him on the set of one of his films. After being fortunate enough to spend a great deal of time with him that evening, and trying to be as objective as possible, I concluded that there really was something special about him. Arnold is truly larger than life. He has a definite star quality that separates him from the rest of us and even perhaps other stars. For starters, he has limitless of energy. A colleague who worked closely with him on one of his films confided to me that Arnold seldom needs more than five hours of sleep a night and that his capacity for work is almost inhuman. Arnold's rage for success never diminishes and, as a result, he never loses sight of his goals. The Oak attributes his immense success to a single, simple philosophy by which he has always lived his life – staying hungry. Although he is the world's biggest box-office draw, Arnold still finds time in his jam-packed schedule to raise a beautiful family, make countless films and guest appearances, run his annual professional bodybuilding extravaganza, operate a successful restaurant, co-own the ever-expanding Planet Hollywood chain, serve as chairman of the Governor's Council on Physical Fitness and Sports for the State of California, and give of himself tirelessly and selflessly to the Special Olympics International, his very own Inner-City Games charity, and numerous other humanitarian pursuits. Is it any wonder that Arnold Schwarzenegger is so much to so many people? And at the age of 49, he shows no signs of slowing down. What I realized at the age of 12 is confirmed as the years go by: There is only one Arnold... and there will never be another.

With that thought in mind, Robert Kennedy approached me last July with the idea of paying tribute to Arnold. The publisher of *MuscleMag International* wanted to give something back to the man who has enriched our lives. Thus the concept for this special issue was born. We wanted to showcase all of the Oak's Olympia-winning training philosophies and strategies – straight from Arnold – as well as provide insight into what made him a champion and a legend. We wanted to pay tribute to his unprecedented film career and get the inside story of his rise to fame from those who knew him best. We wanted to show you where he came from and give you some idea of where he might be going. We also wanted to let some of Arnold's closest friends and admirers – from former presidents and Hollywood elite to bodybuilding's best – reveal their true feelings for him. All this, plus fascinating stats and facts about Arnold accompanied by exclusive, extraordinary, never-seen-before photographs and the very best images ever taken of the Oak.

It is indeed an honor and a pleasure to bring you this very special edition of *MuscleMag International* – celebrating the first 50 years of the greatest bodybuilder of all time, and a pop-culture icon, Arnold Schwarzenegger. Putting this issue together was an enormous undertaking, but we are more than pleased with the end result. I hope you are too. Rest assured you now have the most comprehensive and complete magazine ever published on the one and only Austrian Oak.

Enjoy.

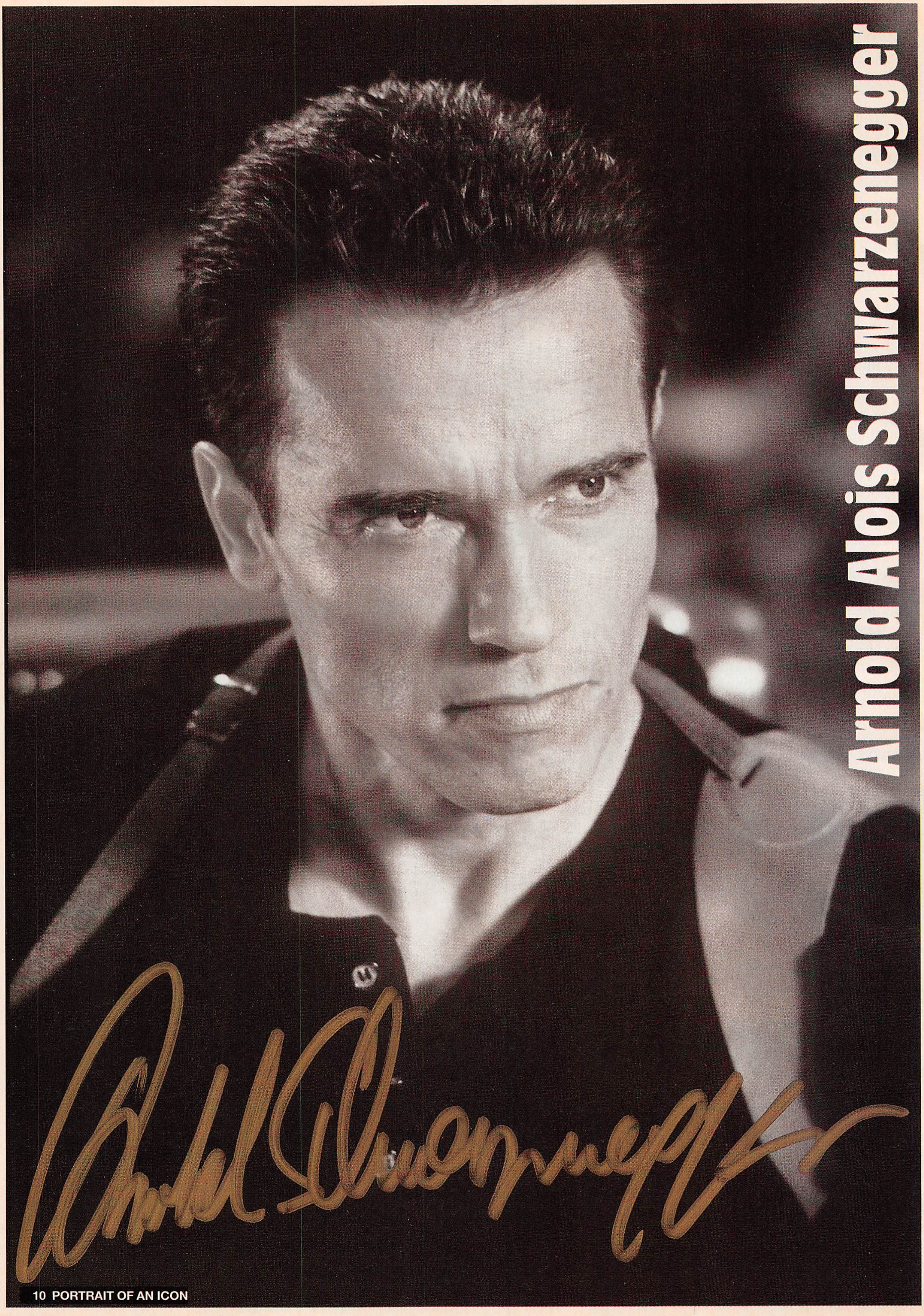
Tyler Dinwoodie

**Tyler W.P. Dinwoodie**
**Editor-in-Chief**

Layout by Dom Mochrie

BACKGROUND PHOTO BY GEORGE BUTLER

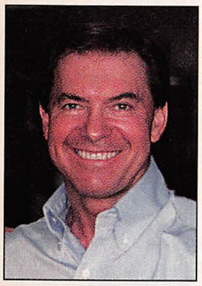
# Arnold Alois Schwarzenegger



*"Making Your Dreams Come True..."*

# "They're Banging Our Doors Down Trying To Get Their Hands On This Stuff"

*(we are simply... thrilled... overwhelmed a bit, but...thrilled)*



Larry Scott Mr. Olympia

Dear Friend:

If you're one of the lucky ones that's already jumped on this offer you know how fantastic this stuff is but... if you missed out for some reason *that's too bad*, because there's lots and lots of guys that didn't and... they're getting huge.

We've not only been swamped with orders but some guys are so excited they even want to buy into the company but... I ain't selling because I'm too excited about what's happening.

You know why?

We filled more orders each *day* than I expected in an entire month. And you know what? Most of the orders came from guys that ordered after they saw what was happening to their buddies.

It's incredible...You don't know what you're missing but...*it's not too late*. You can still hop on the band wagon.

Let me repeat a little of this amazing discovery to refresh your memory.

As I mentioned before...

I've looked for the past 21 years trying to find this lost formula and... I finally found it and... I'm so confidant you'll grow on this formula, I'll even promise... a **TOTAL REFUND** if you're not 200% satisfied. I'm not kidding when I say this secret formula has been lost for over 20 years. It has the same "growth magic" some of us guys used to win the Olympia. Using this amazing secret... We could pack on 30 or more pounds in just a few months before our next contest...

### I tell you it was incredible...

Hold on... In a minute I'll tell you how we did it, but before I do I want to talk about a gift I'm going to bribe you with.

### Free Peak Biceps Report Valued At $19

I'm going to throw in a secret I've just stumbled across about building peak on your arms. This idea is so hot the editors of Muscle and Fitness are ringing my phones off the hook wanting to get a special article out of me. I've gotta tell you how Lou Ferrigno and Bev Francis were turned on by this training tip...

On second thought, I'm getting ahead of myself.

I'd better tell you more about this amazing Growth Powder first.

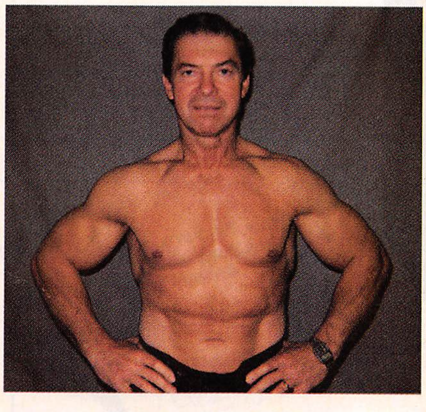
### What is This Stuff Anyway?

It's all natural... not harmful... won't mess up your endocrine system....and all those bad things. Not only that... it's a highly nutritious, *high quality protein* that will *make you huge*.

### What Makes It Different From Everything Else Out There?

Ever hear of IGF1 and IGF2? These "Insulin Like Growth Factors" are more powerful than steroids (almost a thousand times more powerful). Just a trace of them in your diet can make you grow like a new born baby. That's why we've nicknamed our Hyper Growth Formula...mother's milk protein. Because, it...not only has...a specially activated form of IGF1 and IGF2 but...it is packed with all 22 amino acids. And it has them in precisely the amino acid balance to produce growth. No wonder this stuff is creating such a sensation.

I put on 16 lbs of muscle in about 7 weeks, and Myself, I'm a hard gainer.



*This is how I looked **before** using Hyper Growth Formula.*

### Listen to what the guys are saying about it.

I could give you pages of these things... They are *totally* unsolicited... I didn't pay for them... or even ask for them... *they called me* out of *sheer enthusiasm*.

*"Larry you've come out with some good products but nothing like this new Hyper Growth Powder. I can't say enough about it. I'm getting huge. Nobody believes I'm not taking steroids."*

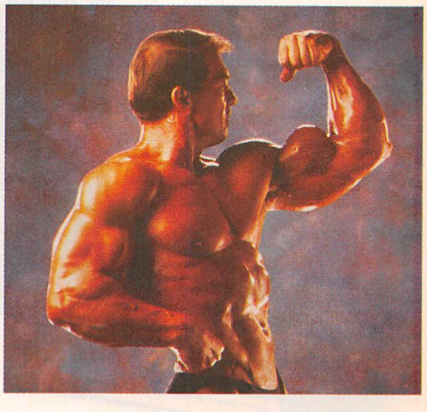
*Sebastian Mellone,*
*New York*

*"I've never been able to put on size. It's been so frustrating for me and I've tried lots of different things. I finally just settled on the fact that I was never going to get big like you guys. This is the only thing I have ever used that worked for me. I don't know what's in it but it's amazing. Please rush my order, I'm running low."*

*Greg Coots,*
*Tenn.*

*"Larry I have put on 41 lbs now using your training system and the Hyper Growth formula. I never would have believed it could happen to me. It's changed my life."*

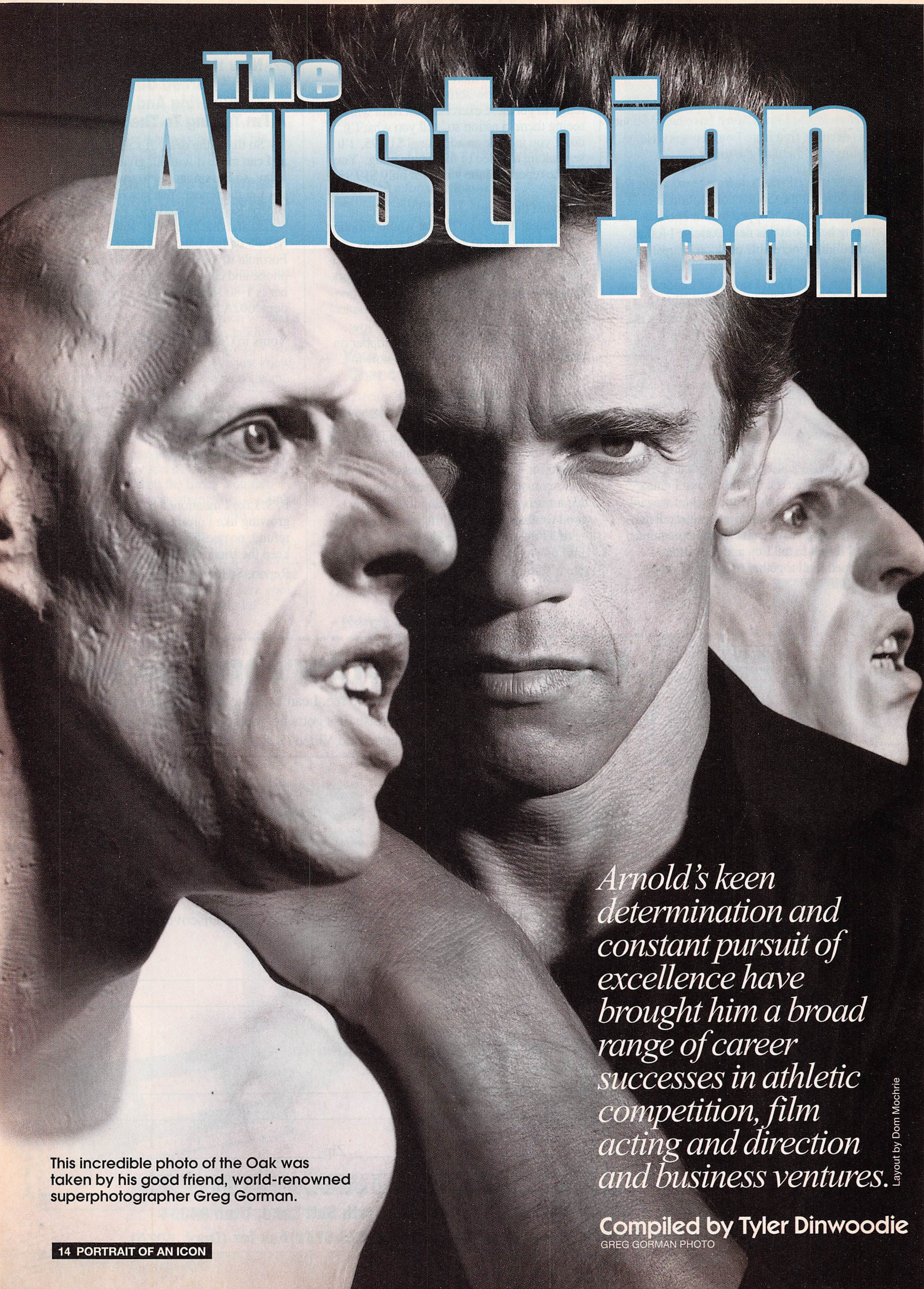
*Jim Whitfield,*
*Texas*



*This is how I looked **after** using Hyper Growth Formula. (age 54) Not bad huh?*

*Copyright © 1995 by Larry Scott & Associates*

# The Austrian Icon



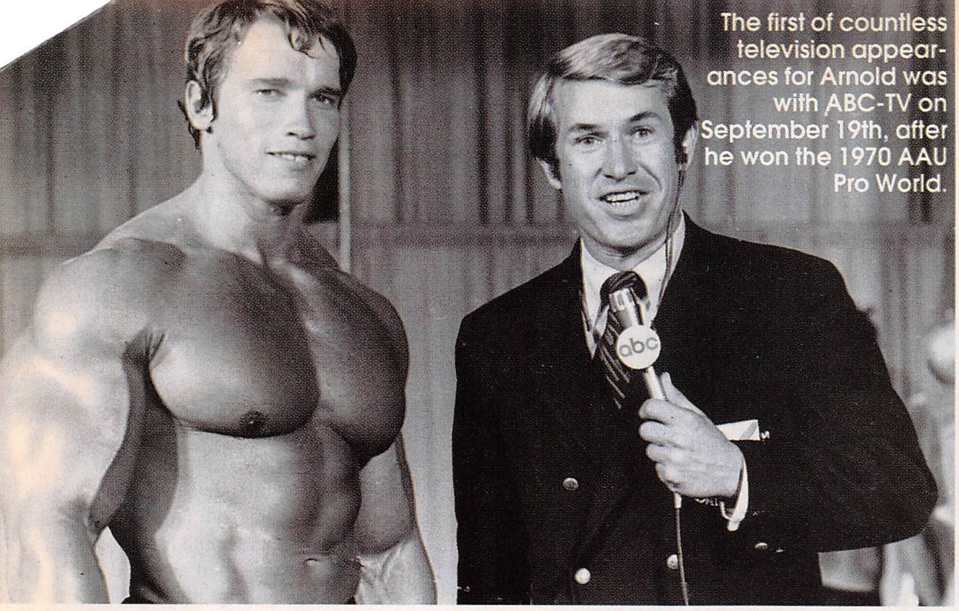
This incredible photo of the Oak was taken by his good friend, world-renowned superphotographer Greg Gorman.

*Arnold's keen determination and constant pursuit of excellence have brought him a broad range of career successes in athletic competition, film acting and direction and business ventures.*

**Compiled by Tyler Dinwoodie**

GREG GORMAN PHOTO

Layout by Dom Mochrie


The first of countless television appearances for Arnold was with ABC-TV on September 19th, after he won the 1970 AAU Pro World.

He has produced bodybuilding competitions in Columbus, Ohio for two decades and began his annual Arnold Schwarzenegger Classic there in 1989. Phenomenal growth and popularity of the Classic and the Ms. International competition led to the addition of a Fitness Expo in 1993, the Ms. Fitness World competition in 1994 and the Arnold Martial Arts Festival in '96.

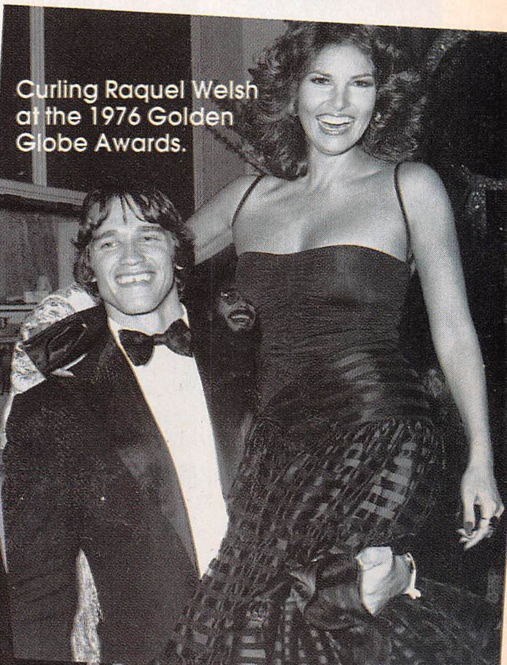
During President George Bush's administration he served as chairman of the President's Council on Physical Fitness and Sports and is the author of numerous books on health, fitness and bodybuilding. Schwarzenegger now chairs the Governor's Council on Physical Fitness in the state of California. Since 1979 he has served as the International Weight-Training Coach for Special Olympics and in 1991 he became involved with the Los Angeles Inner-City Games Foundation, a mini Olympics designed to help today's youth say no to drugs and violence and yes to fitness and a positive way of life. Arnold has always seen athletics as a positive alternative to drugs for urban youth, a way to build self-esteem, a way to learn goal-setting and build camaraderie in a clean lifestyle. The Oak is now chairman and executive commissioner of the Inner-City Games Foundation, a program that has expanded to 10 cities throughout the United States and is continuing to grow.

Also in 1991 Arnold, who is a "pioneer" of the Simon Wiesenthal Center, received the Center's National Leadership Award for his support of the organization's holocaust studies. Arnold has given – and continues to give – huge financial support to this charity each year.

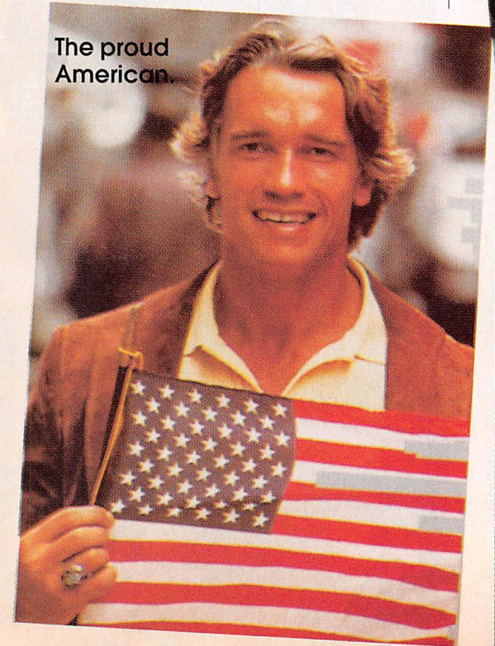
But Arnold's most notable work is his blockbuster films which are among the highest grossing in history. They include *The Terminator, True Lies, Eraser, Terminator 2: Judgment Day, Twins* and *Total Recall*. Earlier films *Conan the Barbarian* and its sequel *Conan the Destroyer* earned him a devoted following. In 1993 the National Association of Theater Owners named him "International Star of the Decade." His latest film, *Batman & Robin*, will be released in June, 1997.

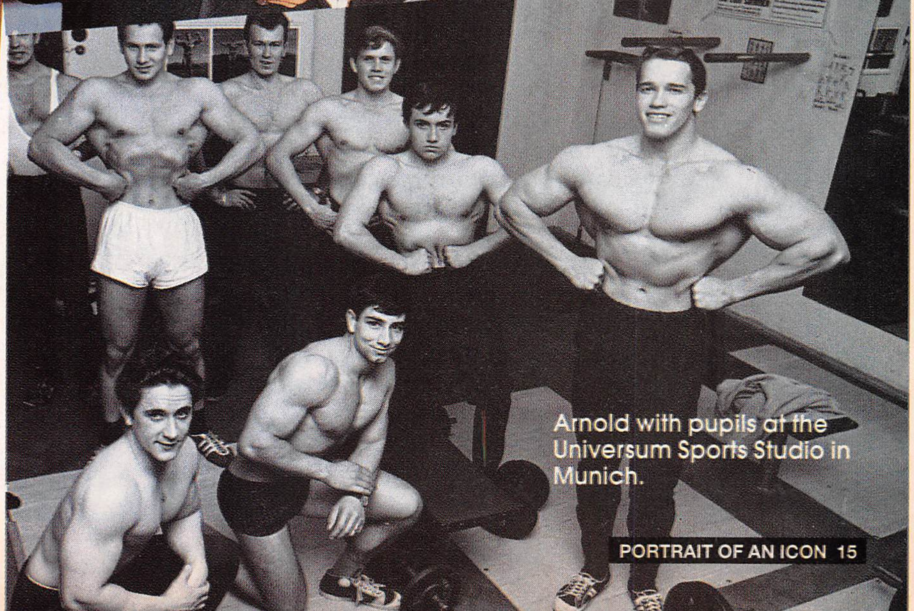
During his early childhood in Graz, Austria Arnold was encouraged by his father to become involved in athletics. At age 15 he discovered weight training and bodybuilding, which led to his becoming the youngest Mr. Universe in history at age 20. Arnold then won an unprecedented 13 world bodybuilding titles. He became a naturalized US citizen on September 9, 1983.

A patron of the arts, Arnold is a respected art collector. He resides in Los Angeles with his wife, lovely NBC broadcast journalist Maria Shriver, and their three children.


Curling Raquel Welsh at the 1976 Golden Globe Awards.

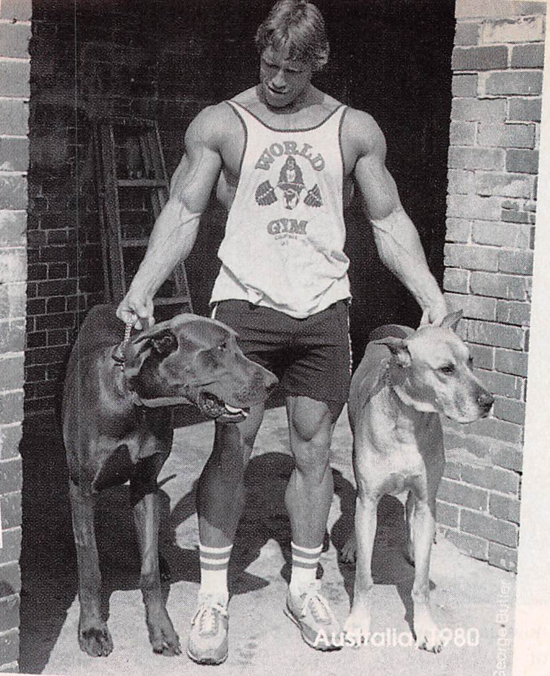
Winning the 1992 People's Choice Award for favorite motion picture – *T2*.


The proud American.


Arnold with pupils at the Universum Sports Studio in Munich.

# The Arnold File

Winning a Golden Globe in 1976 for Best Acting Debut in a Motion Picture.



Australia, 1980

George Butler

| | |
|---|---|
| *Name:* | Arnold Alois Schwarzenegger |
| *Nicknames:* | The Oak, The Austrian Oak, The Olympian, Oak, The King, Champ, Arnie, Schwazzie and Arnold Strong. |
| *Birthdate:* | July 30, 1947 |
| *Age:* | 49 |
| *Birthsign:* | Leo |
| *Birthplace:* | Thal, Austria |
| *Residence:* | Pacific Palisades, California |
| *Wife:* | Maria Owings Shriver |
| *Children:* | Katherine Eunice Schwarzenegger (age 7)<br>Christina Aurelia Schwarzenegger (age 5)<br>Patrick Arnold Schwarzenegger (age 3) |
| *Religion:* | Roman Catholic |
| *Education:* | |
| *May 1996* | *University of Wisconsin – Superior*<br>Honorary Doctor of Humane Letters Degree (to acknowledge his charitable work with children) |
| *November 1979* | *University of Wisconsin – Superior*<br>Bachelor of Arts Degree with an individualized major in international marketing of fitness and business administration |
| *Citizenship:* | American |
| *Businesses:* | Oak Productions<br>Schatzi on Main<br>World Gym Enterprises<br>Planet Hollywood, Inc. (major co-owner)<br>All Star Fitness Products |
| *Vehicles:* | Porsche 911 Carrera convertible<br>Mercedes SL600<br>El Dorado Biarritz convertible<br>4 Hummer Humvees<br>Harley-Davidson motorcycle<br>Gulfstream III private jet |
| *Started training:* | 1962 at the Graz Athletic Union |
| *Gyms:* | World Gym in Venice, California, his home gym and his mobile gym on movie sets |
| *Workouts:* | An hour every day |
| *Sports/Hobbies:* | Bodybuilding, running, swimming, scuba diving, tennis, skiing, bowling, horseback riding, motorcycle riding, archery, skeet and trapshooting, bicycling, playing pool, traveling, drawing and collecting art |
| *Favorite activity:* | Spending time with his wife and children |

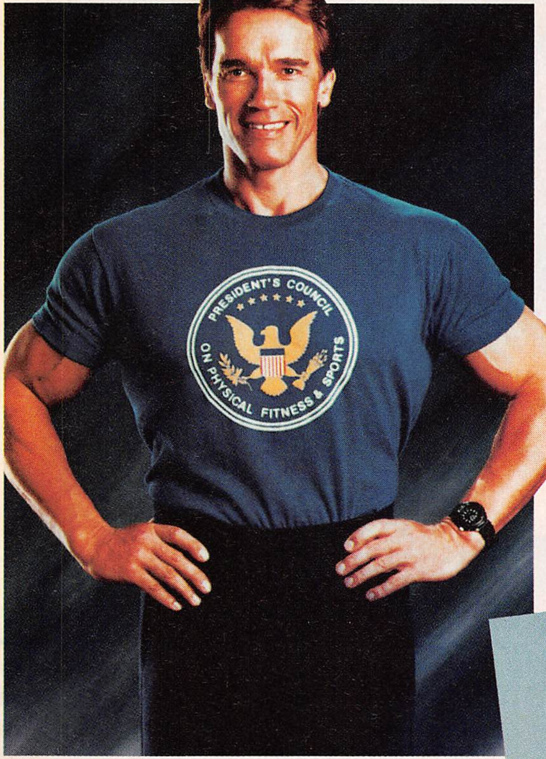
# Walk of Fame

HOLLYWOOD
CONGRATULATIONS
ARNOLD SCHWARZENEGGER

Though Arnold had been drawing fans into the movie theater for years, his worth as a big-screen star was only truly cemented – quite literally – on June 2, 1987, as he received the 1847th star on Hollywood's Walk of Fame. As further tribute to Arnold's cinematic success he was then awarded the Star of the Year award by the National Association of Theater Owners. Years of hard work and an insatiable drive for success had propelled Arnold from modest beginnings in Thal to take his proper place among Hollywood's elite.

ARNOLD SCHWARZENEGGER

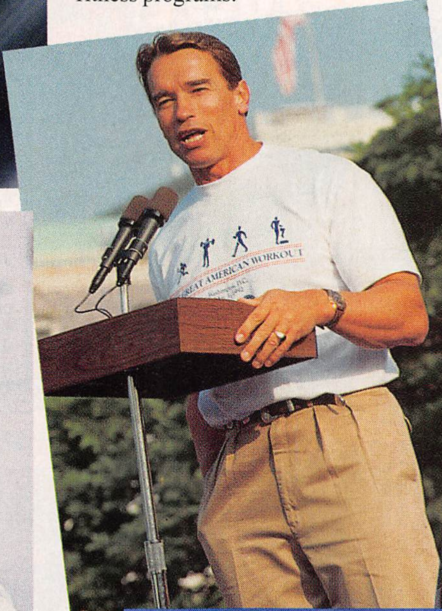
# President's Council

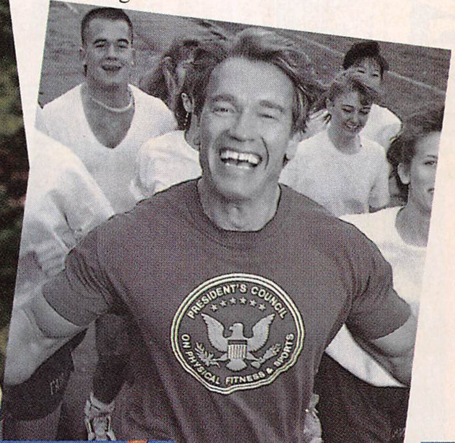


Who better to assume the role of chairman of the President's Council on Physical Fitness than a bodybuilding icon? Arnold took the role in January 1990 and has since been encouraging the American public to become more physically active. His 50-state tour (at his own expense) included visits to schools and meetings with governors, legislators and other community leaders. The Oak's mission had three objectives: 1) to improve fitness of American children by returning a regimen of daily physical activity to the school, 2) to increase parental involvement in their children's fitness, and 3) to promote community-based fitness programs.

Arnold's success in this endeavor, as in any other he sets his mind to, came through hard work and persistence. The results became quickly evident; the governors of all the states the Oak visited have pledged support. Community organizations such as the PTA, and various governors' Councils on Physical Fitness also supported the Oak's tour.

With his own brand of ingenuity Arnold used his cinematic draw and business knowledge to create new ways to reach the American public. In his movie *Kindergarten Cop* he takes the kindergarten class through an actual workout for six-year-olds that he designed and wrote into the script. In 1991 and 1992 Arnold organized the Great American Workout on the south lawn of the White House. He has prepared and promoted numerous public service messages.

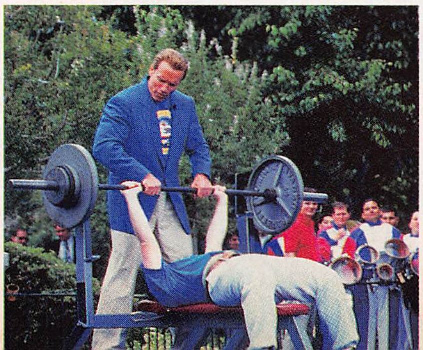


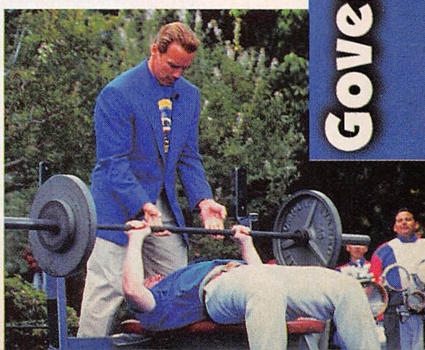


# Governor's Council

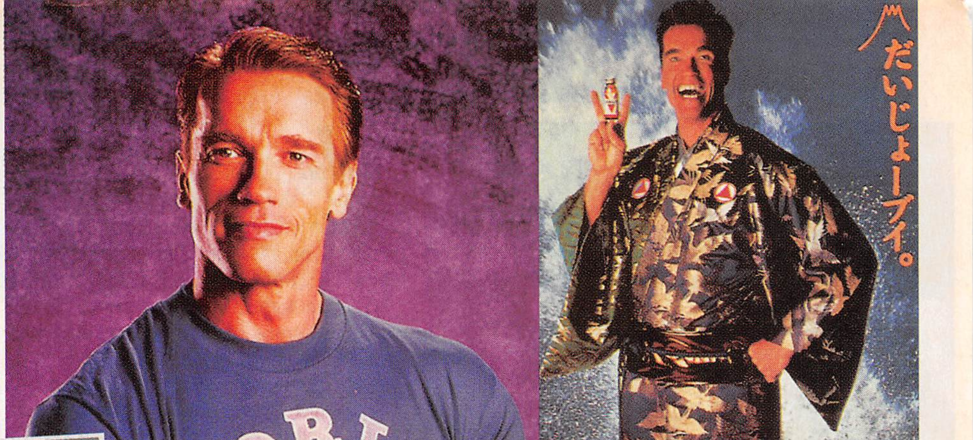
**Arnold also serves on the Governor's Council on Physical Fitness for the state of California. He drew thousands of people to Disneyland where he put them through the paces of the Great Californian Workout. This was part of his initiative to encourage more people to adopt lifestyles which include better health and fitness.**

Disneyland

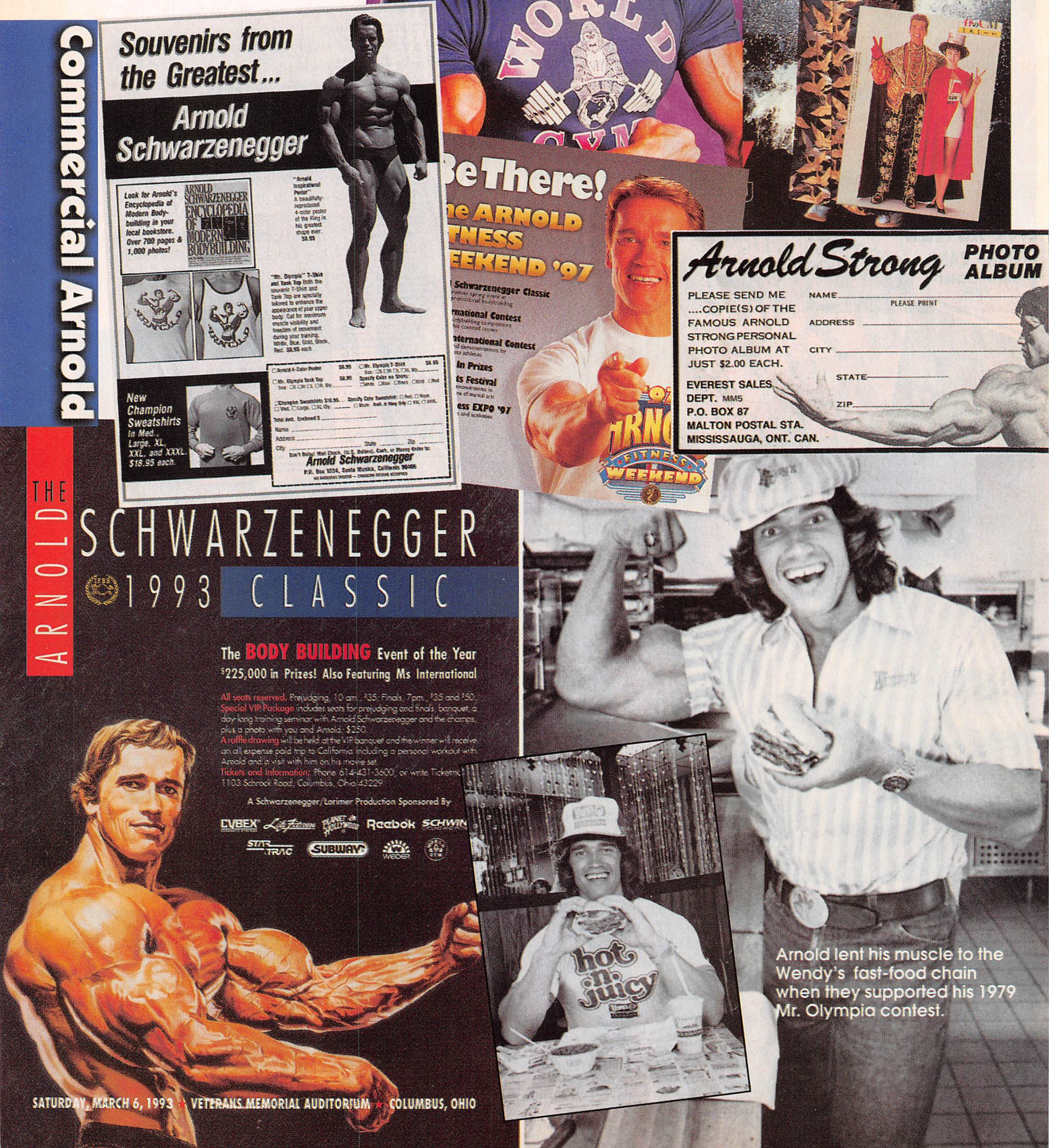




Whenever there are stars who draw millions of people into the movie theaters, there will be people who want them to endorse products. Though you probably haven't seen many Arnold-endorsed products lately, he has certainly put in his time plugging various merchandise, from slimming bodysuits to ginseng. Arnold began endorsing Joe Weider's products early in his career but now is very selective about what he puts his name to, and he receives a very hefty fee when he does.



# Commercial Arnold



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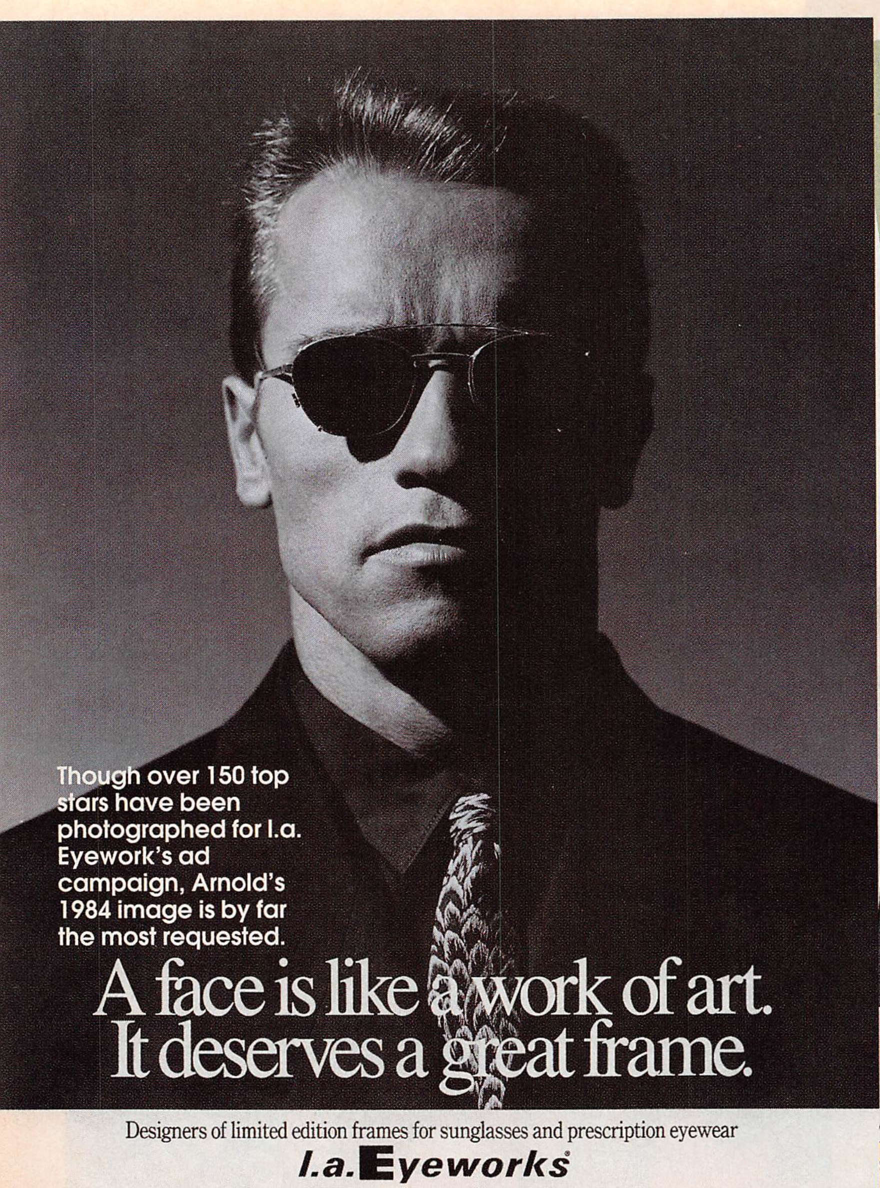

Though over 150 top stars have been photographed for l.a. Eyework's ad campaign, Arnold's 1984 image is by far the most requested.

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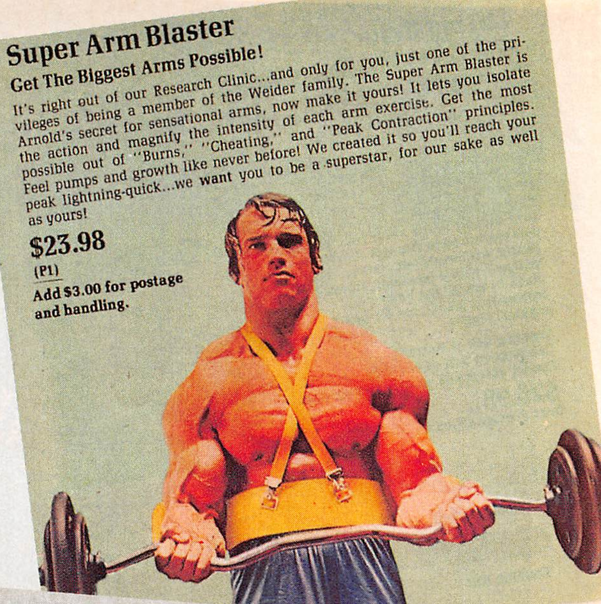

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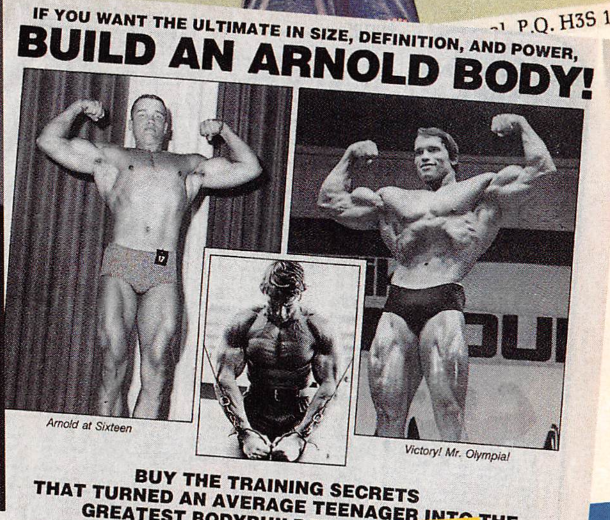

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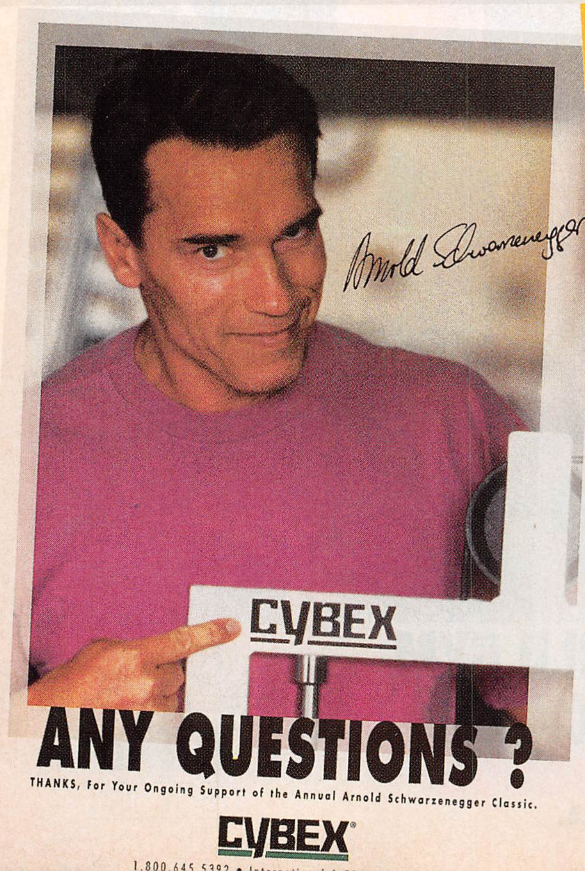
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ANY QUESTIONS ?

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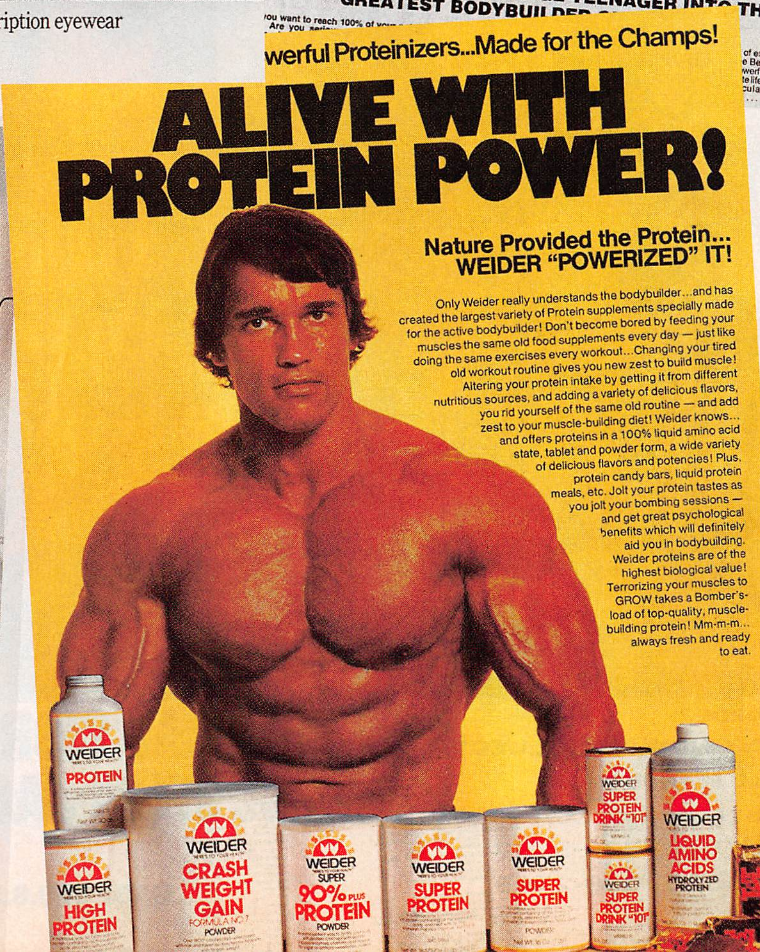
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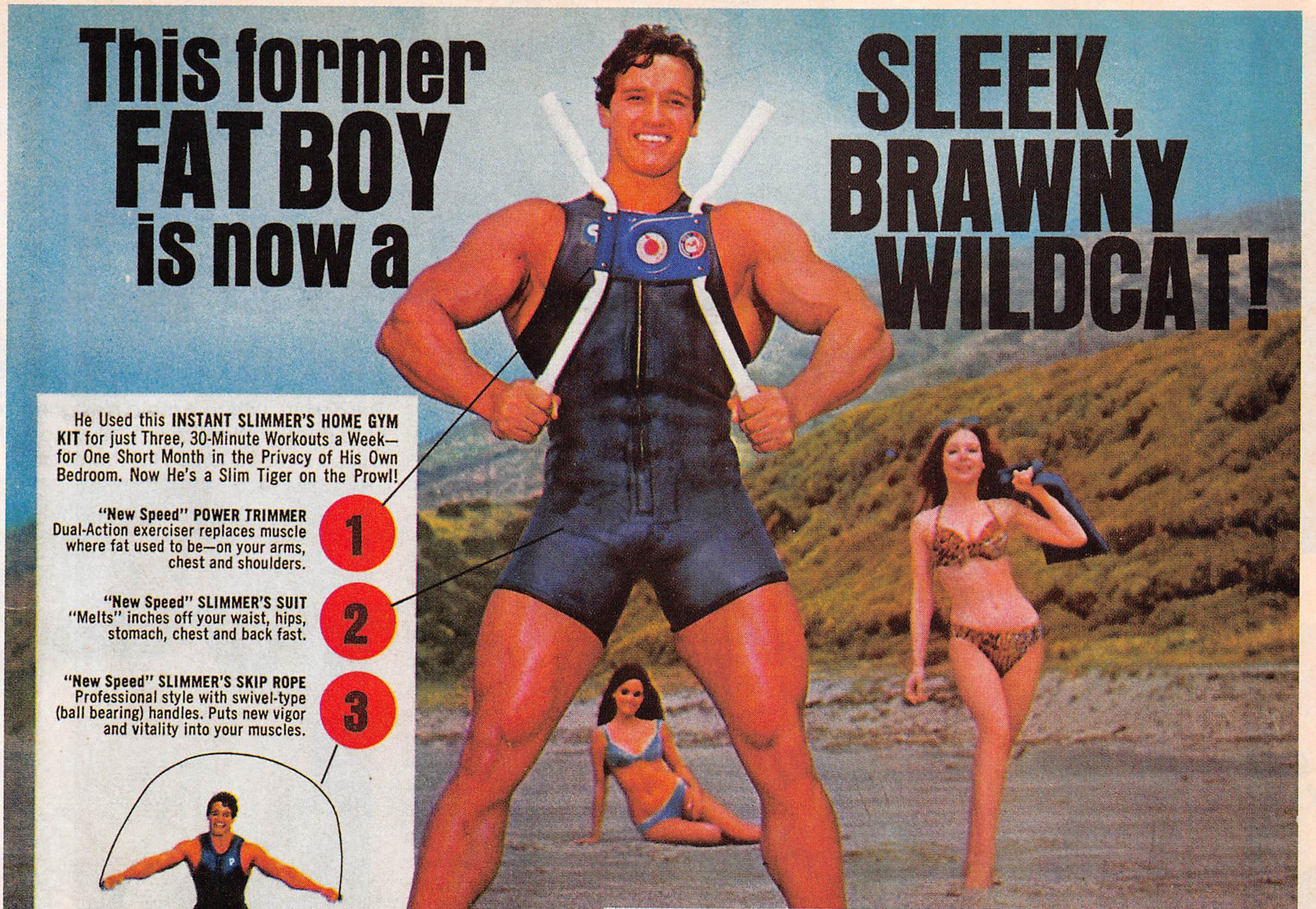

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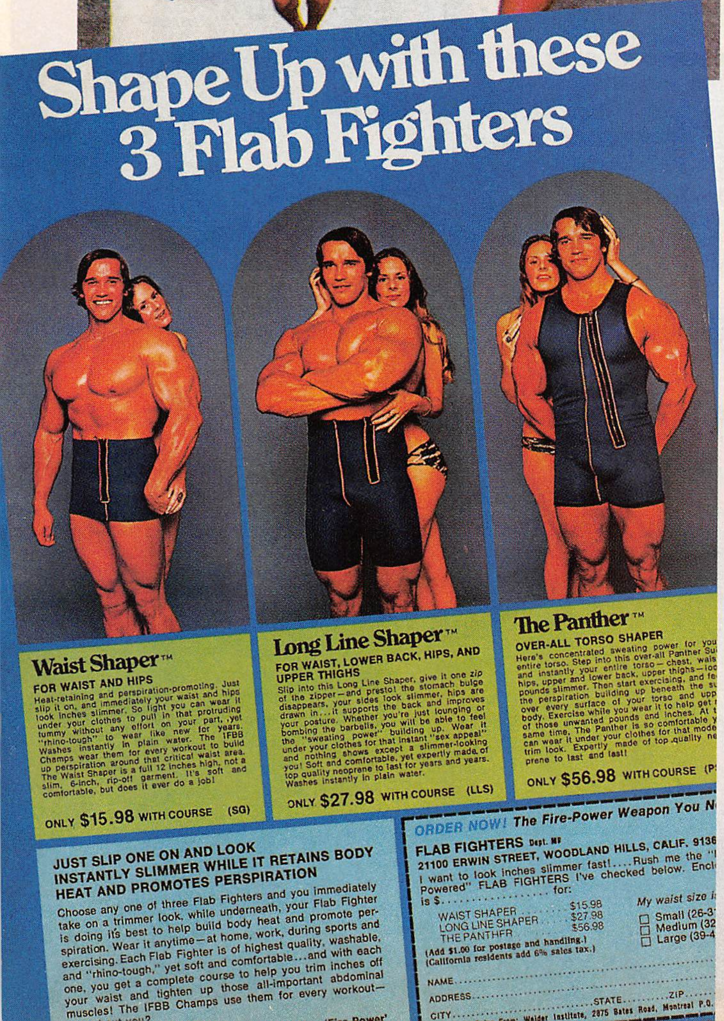

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Choose any one of three Flab Fighters and you immediately take on a trimmer look, while underneath, your Flab Fighter is doing its best to help build body heat and promote perspiration. Wear it anytime—at home, work, during sports and exercising. Each Flab Fighter is of highest quality, washable, and "rhino-tough," yet soft and comfortable...and with each one, you get a complete course to help you trim inches off your waist and tighten up those all-important abdominal muscles! The IFBB Champs use them for every workout—

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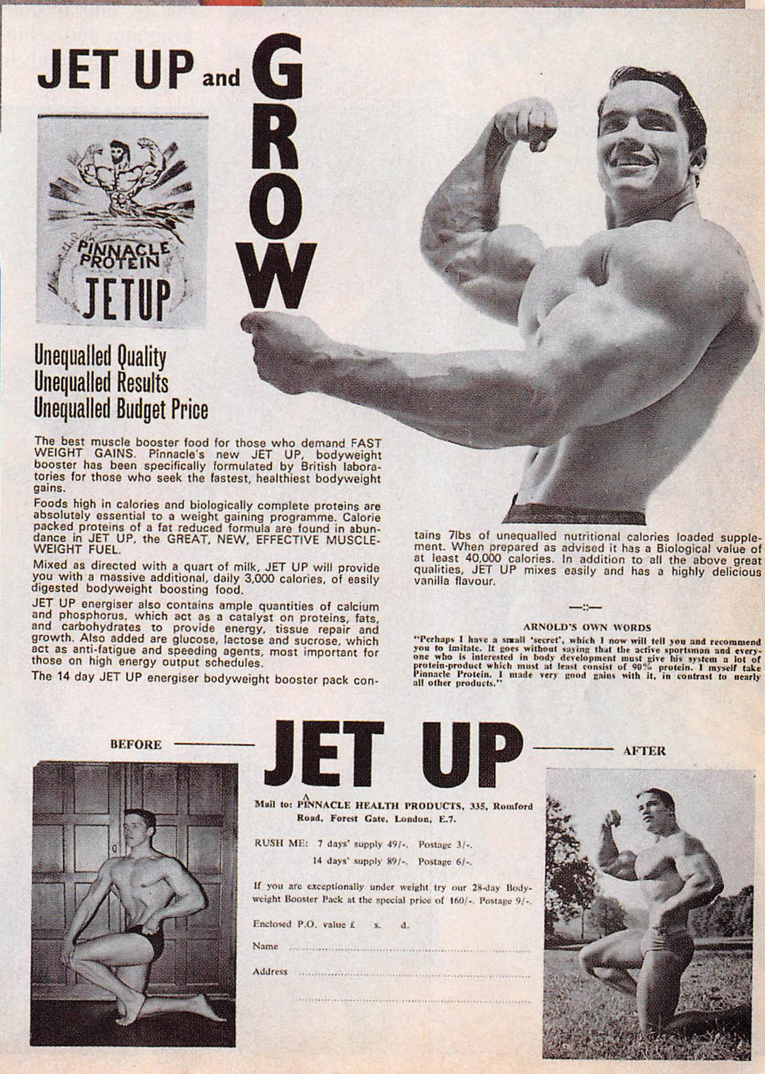

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INNER-CITY GAMES

WELCOME
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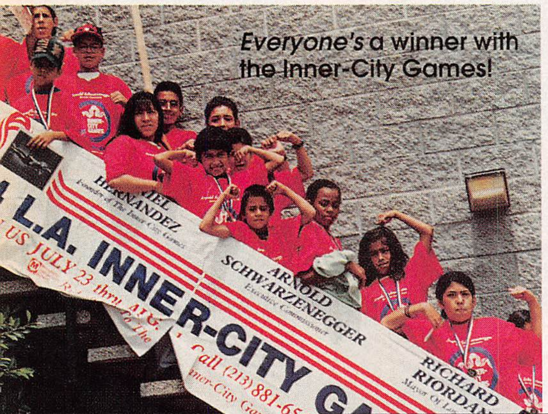
# "All children are a lifetime investment."

The world's greatest bodybuilder was a natural to unite communities through sport. The Inner-City Games began in Los Angeles in 1991 and were an instant success, spreading within a few years to ten US cities (Atlanta, Houston, New York, San Antonio, San Diego, Los Angeles, Miami, Orlando and Chicago in addition to Los Angeles). Schwarzenegger, who played an instrumental role in the Games' inception, plans to expand relentlessly until they are enjoyed all over the country. The year-round program is aimed at involving underprivileged children aged 6 to 16 in sports as an alternative to gangs and violence. Participating children compete in many activities including gymnastics, swimming, tennis, baseball, basketball, soccer, flag football and track & field. Each city has a 10-day championship event in which to showcase their best athletes. The Games rely extensively on the immediate and national community for sponsorship and promotion. Schwarzenegger is constantly thinking of new ways to help fund the charity, and recently raised $500,000 by designing and selling a T-shirt through his Planet Hollywood chain.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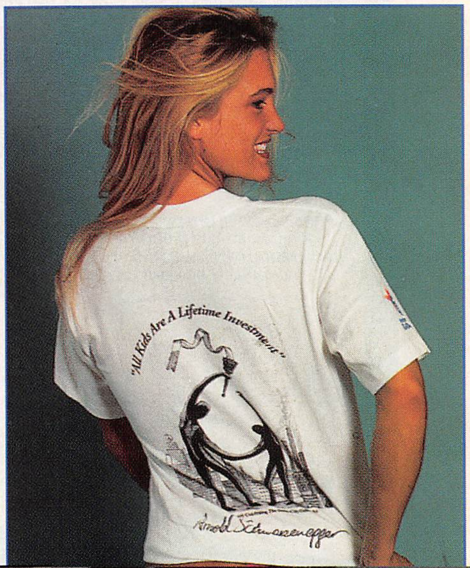
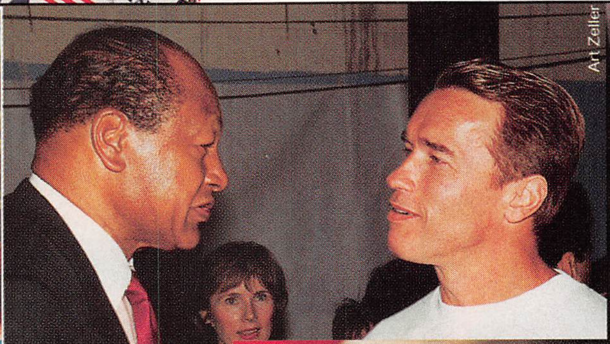
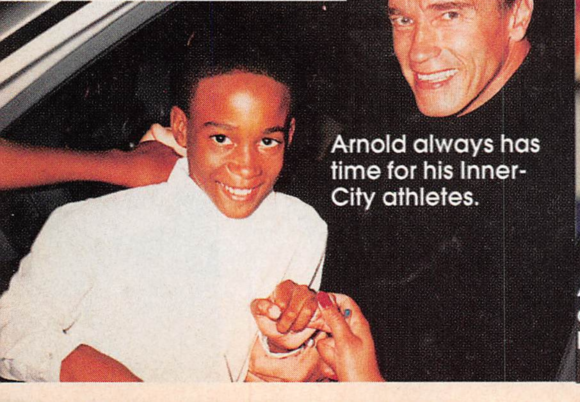
This T-shirt, which Arnold designed and sold through his Planet Hollywood chain, raised over $500,000 for the charity.

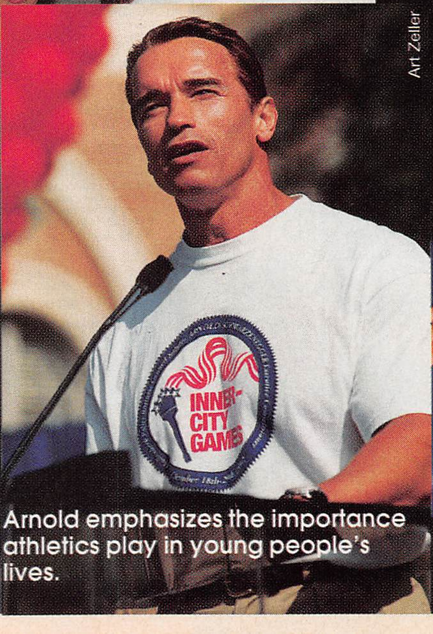

"All Kids Are A Lifetime Investment"
Arnold Schwarzenegger

Let the Games begin!


Art Zeller

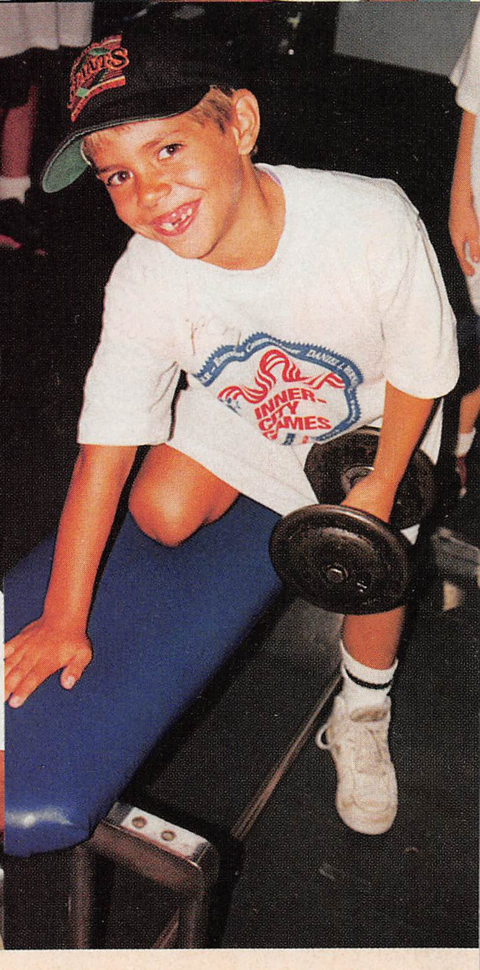
Former LA mayor Tom Bradley helps Arnold celebrate the Games.

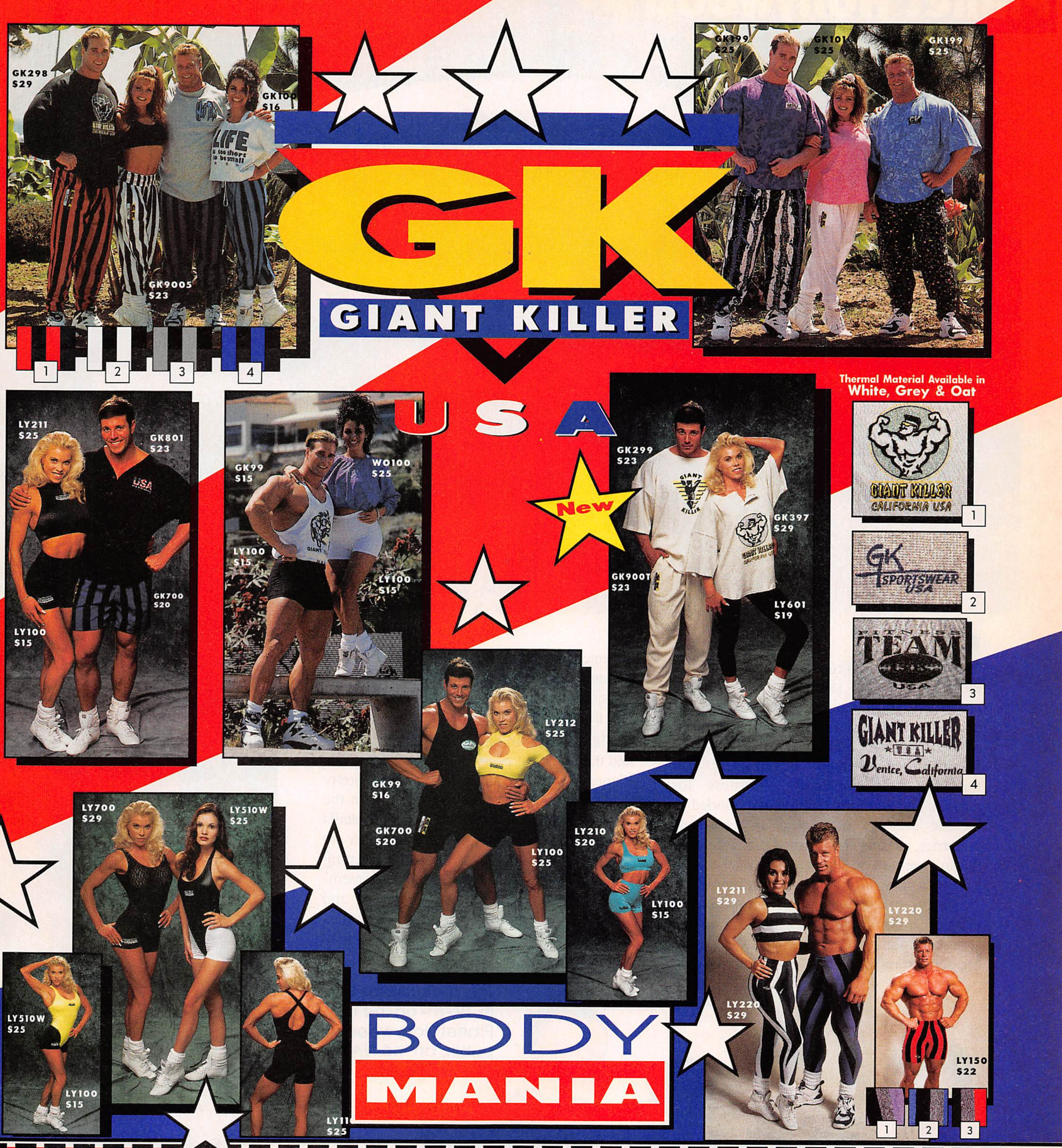

Arnold always has time for his Inner-City athletes.


Art Zeller

INNER-CITY GAMES

Arnold emphasizes the importance athletics play in young people's lives.


INNER-CITY GAMES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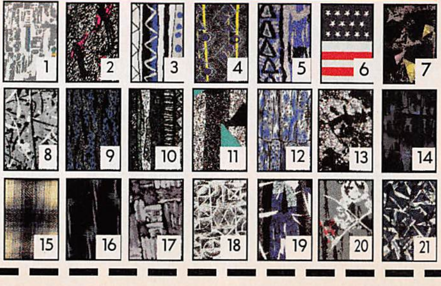
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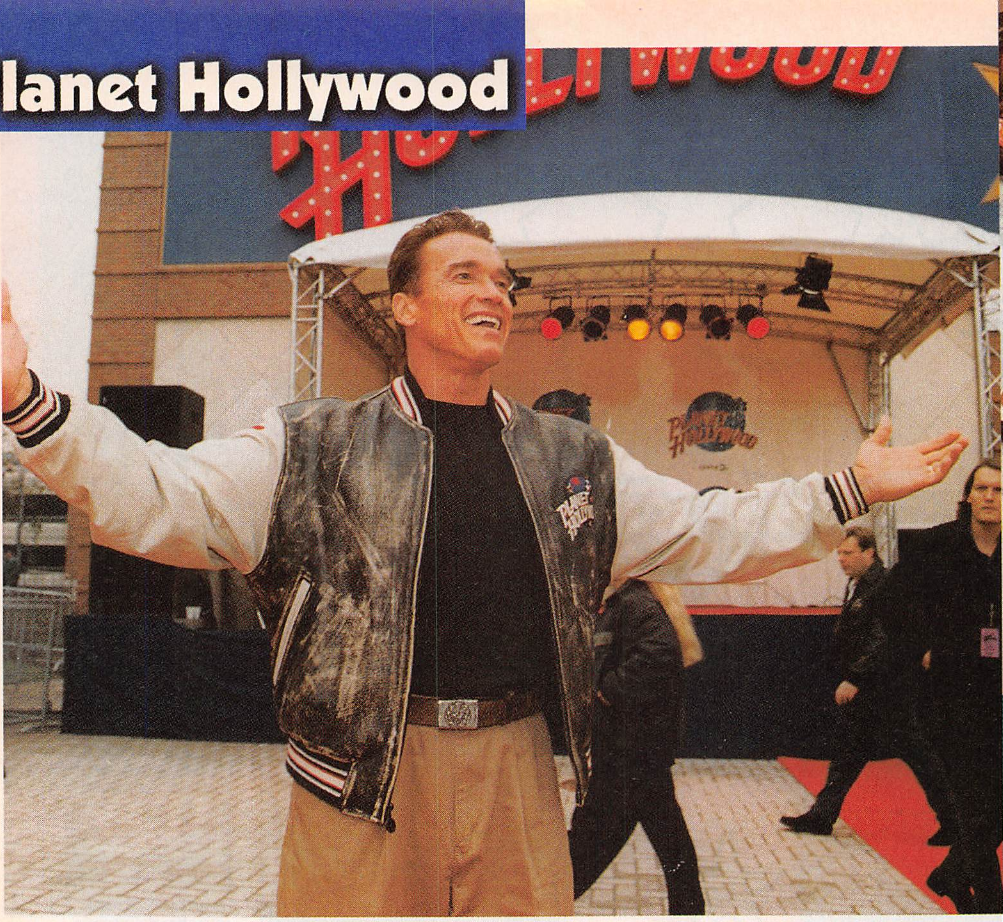
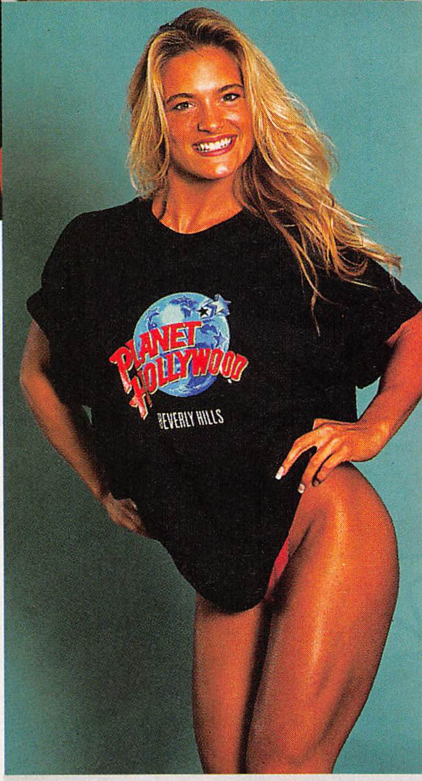
# Planet Hollywood



"You look familiar."



Success followed the Oak as he deftly moved from the silver screen into the restaurant business. Planet Hollywood opened in New York in October of 1991 with Arnold, Sylvester Stallone, Bruce Willis and Demi Moore as major shareholders. The transition was apparently effortless for Arnold, and soon the chain had exploded to include over 45 restaurants in numerous countries. Planet Hollywood's momentum doesn't seem to be slowing as it is scheduled to launch new restaurants all over the world. Inside the restaurant patrons are treated to classic California cuisine while surrounded by memorabilia from television shows and big-screen movies. The ambience is also accented by the Wall of Prints, which features plaster casts of Hollywood's greatest stars, and televisions which play old movies and trailers for soon-to-be-released movies.

Though Arnold has been present to greet and thank fans at every major opening of the Planet Hollywood chain, he's not just a pretty face. The Oak is heavily involved with the behind-the-scenes and less glamorous details of opening a restaurant. No stranger to business deals, he's involved with evaluating potential sites, selecting props and memorabilia for each individual restaurant, and finding the funding for the chain, as well as coordinating Planet Hollywood's many charitable undertakings.

**This picture was taken in 1996 – on the day Planet Hollywood went public on the NASDAQ exchange.**

## "Let me win. But if I cannot win, let me be brave in the attempt."

Special Olympics is an international program of year-round sports training and athletic competition for more than one million children and adults with mental retardation. Special Olympics began in 1968 when Eunice Kennedy Shriver (Maria Shriver's mother) organized the first International Special Olympics at Soldier Field in Chicago, Illinois. The concept was born in the early '60s when Mrs. Shriver started a day camp for challenged individuals. She had the incredible vision to see that people with mental retardation were far more capable in sports and physical activities than many experts thought.

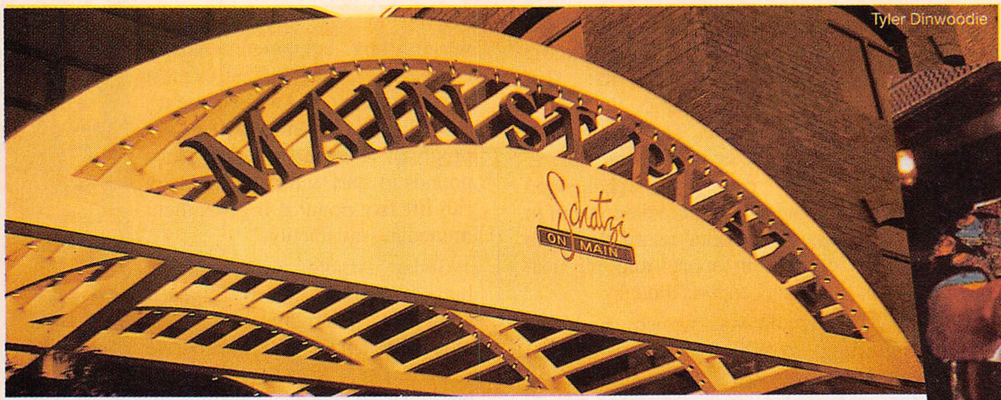
In 1977 Arnold was named "honorary weightlifting coach" for the Special Olympics International, a post that he still holds today. He was instrumental in developing the Special Olympics' entire weightlifting program, traveling around the country, holding demonstrations, and helping to raise money for the weightlifting equipment. Arnold explained, " Weightlifting is most popular among the kids because it's easy to improve and they can see progress. Maybe it's only two pounds to start with, but then they can lift five pounds. It gives them immediate satisfaction."

Today Arnold always makes himself available for the Special Olympics' International Games, which are held every four to five years. The Austrian Oak is obviously sincere about his love for the charity and its importance in his life.

"When you train with Special Olympics athletes, you go in thinking that you are there to inspire them. But the fact is, you feel inspired by what they can do with all those obstacles." - Arnold Schwarzenegger

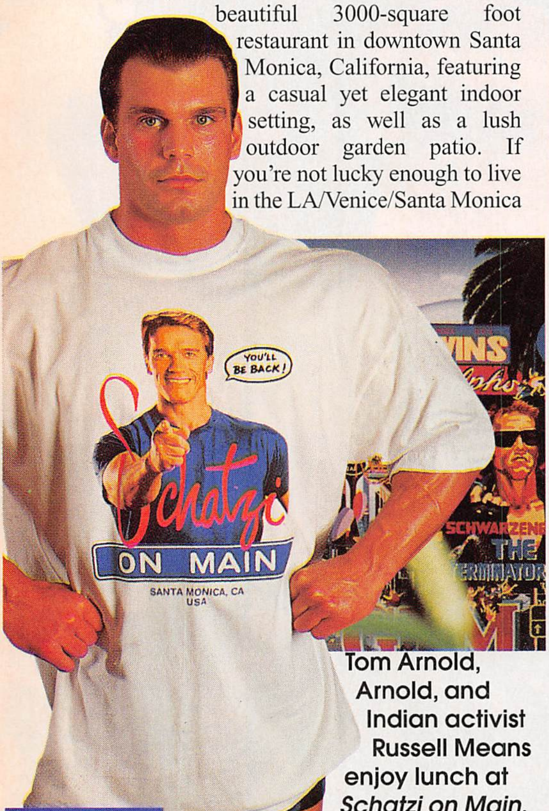
Arnold, Wayne Gretzky and friends.

# Schatzi on Main


MAIN STREET
Schatzi
ON MAIN

Tyler Dinwoodie

Schatzi on Main is here to serve you! Founded in 1991 by Arnold and Maria Shriver, Schatzi (German for "little treasure") is a beautiful 3000-square foot restaurant in downtown Santa Monica, California, featuring a casual yet elegant indoor setting, as well as a lush outdoor garden patio. If you're not lucky enough to live in the LA/Venice/Santa Monica area, Schatzi is a dining experience that you will definitely want to check out if you are ever in the bodybuilding mecca. Schatzi's warm and friendly ambiance was created by the Oak and Maria as well as international designer Adam Tihnay.


YOU'LL BE BACK!
Schatzi
ON MAIN
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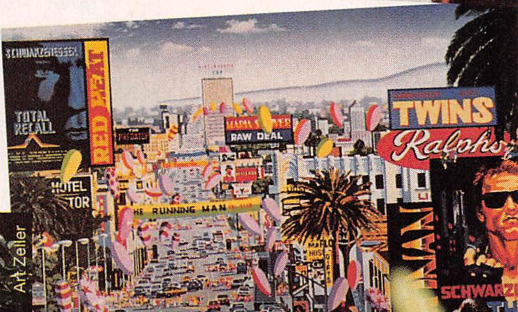
SCHWARZENEGGER
THE TERMINATOR

Executive chef Robert Cocca is responsible for preparing Schatzi's extraordinary creations which are an intriguing blend of contemporary American selections and Austrian specialties. The Oak's own eatery caters private events from small intimate dinners at your home to corporate and large-scale functions.

The garden patio is also available for private gatherings whether for breakfast, lunch or dinner. Schatzi is an inviting, comfortable and affordable neighborhood eatery tucked away in Arnold's Main Street Plaza, serving contemporary American fare for lunch and dinner seven days a week.

Schatzi on Main is located at 3110 Main Street in Santa Monica, California or you can visit Schatzi on the World-Wide Web at www.schatzi. com. Phone 310-399-4800 for reservations. Arnold personally promises that once you dine at Schatzi, "You'll be back!"

Tom Arnold, Arnold, and Indian activist Russell Means enjoy lunch at *Schatzi on Main.*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Art Zeller

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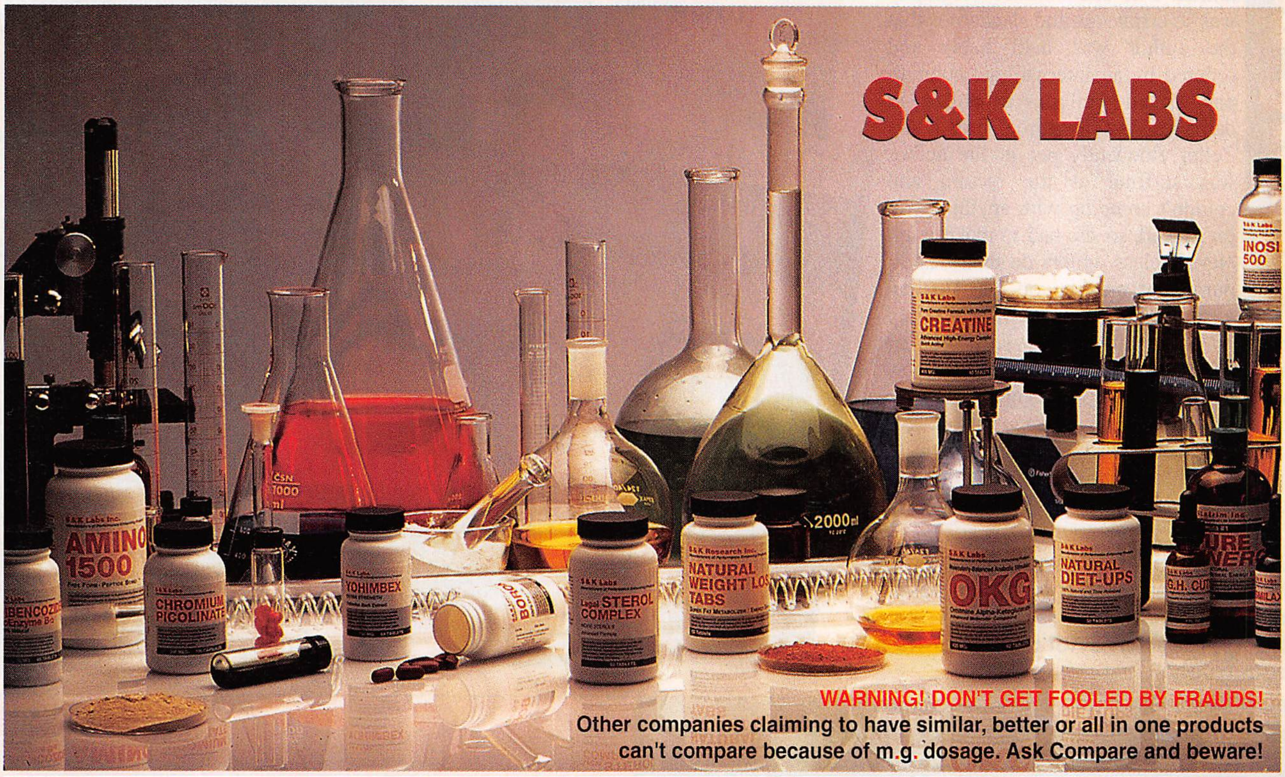

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***Muscle Growth *Cut *Definition**

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***Strength *Size *Muscle Growth**

**BORON..................................................10mg**

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***Growth *Intensity *Mass**

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***Added Strength *Muscle Growth**

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***Added Strength *Muscle Growth**

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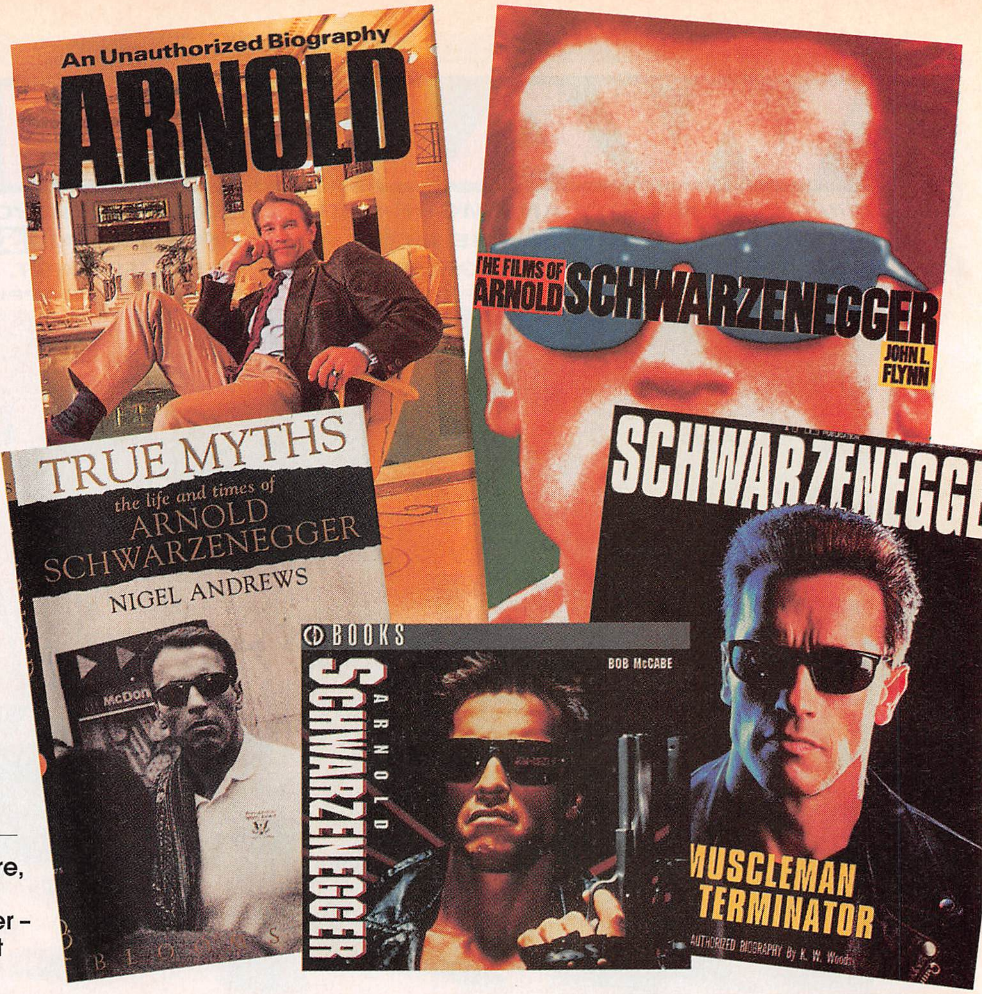
# Books on Arnold

Many books have been written about Arnold, as one would expect with a celebrity the caliber of the Oak – everything from unauthorized biographies to bodybuilding books to the history of his films. Unfortunately some books on Arnold are largely untrue. One unauthorized biography was so erroneous and slanderous that the author was held liable and ordered by an international court to pay Arnold millions of dollars in damages. As longtime friend Art Zeller eloquently put it, the author was sniffing at the rectum and couldn't come up with anything bad on Arnold, so she had to make it up. Nevertheless writers do their best to pump out material on the Austrian Icon. Such publications no doubt appeal to his countless fans worldwide by catering to their unending hunger to know more about the man. As long as the Oak continues to achieve success in all his endeavors, there will be authors willing to write about him. However, to date, the best book on Arnold is the one written *by* Arnold.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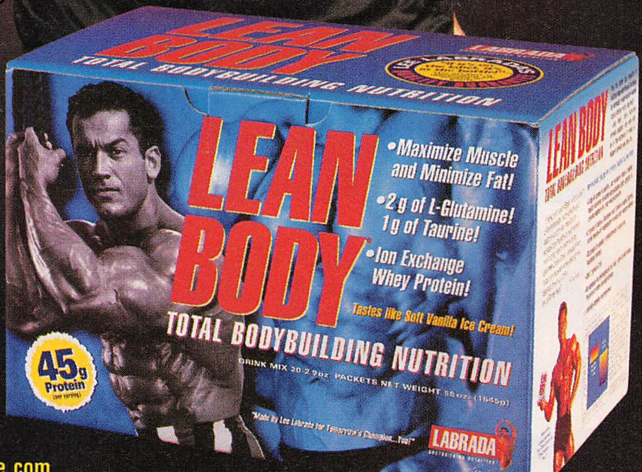
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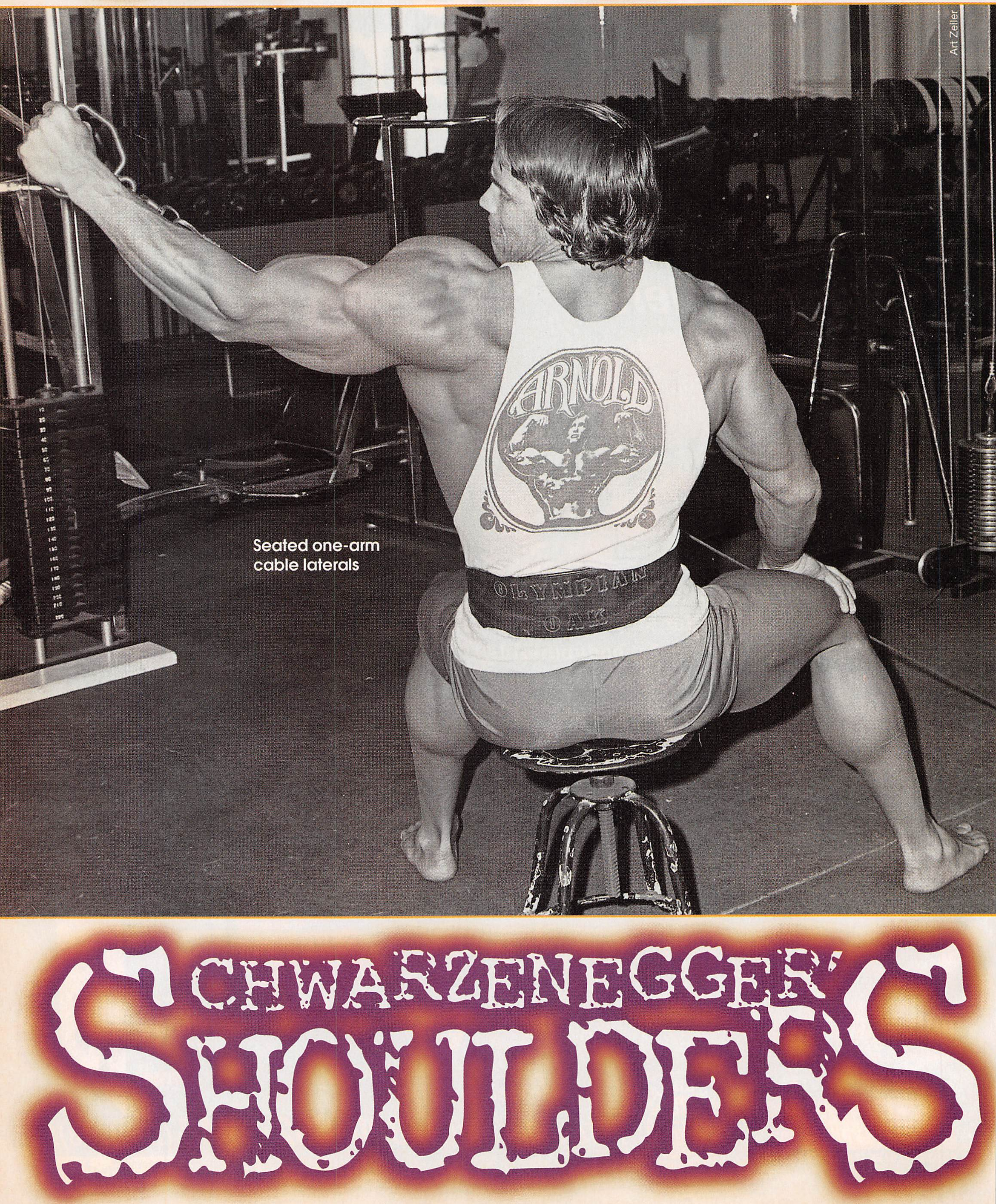


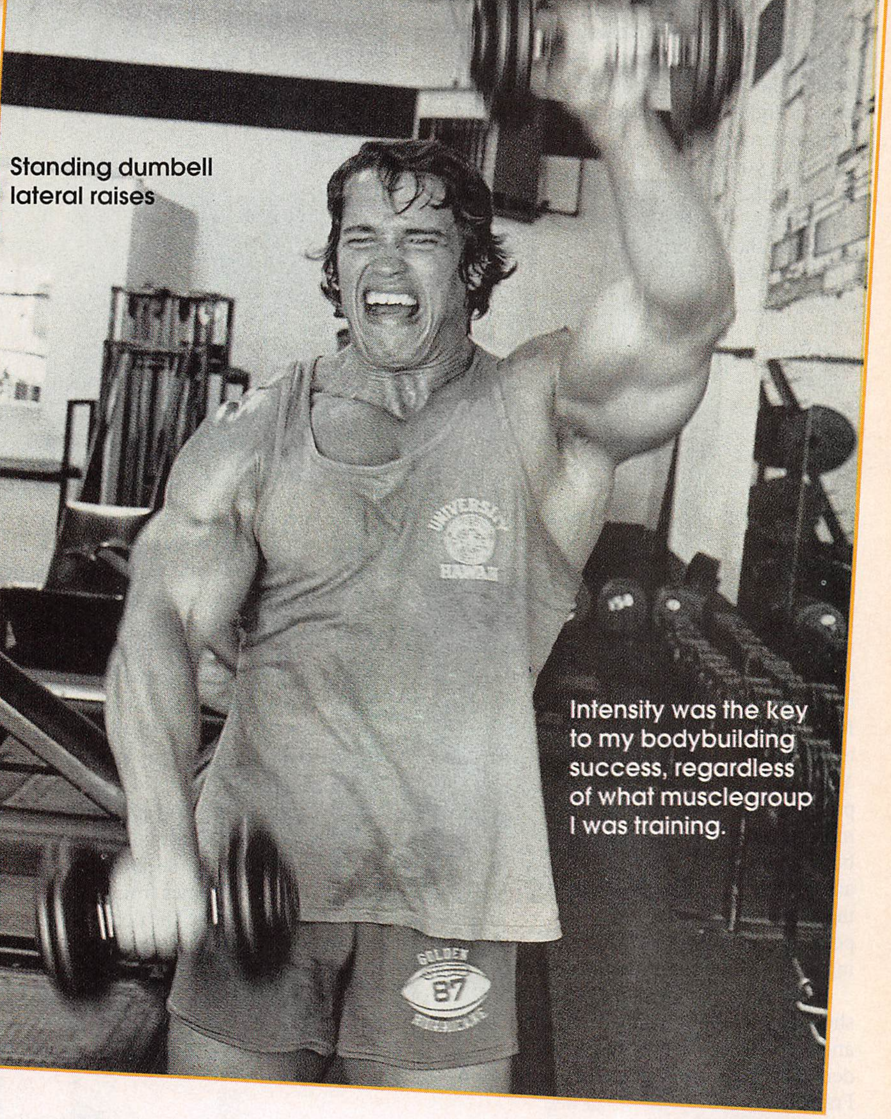
Seated one-arm cable laterals

Art Zeller

# SCHWARZENEGGER'S SHOULDERS

# NORMOUS DELTS"

*The shoulders, along with the calves and abdominals, are the key muscle groups of the body. Those muscle groups form the basis for the classic "X-frame" physique – wide shoulders, a small muscular waist, and large, well-shaped diamond calves. Look at the great sculptures of the ancient Greeks or the sculptures and paintings by the artists of the Renaissance. They always emphasized the development of calves, shoulders and abdominals (as well as the forearms and hands) on masculine figures. Historically these muscle groups are associated with the ideal male physique.*


Standing dumbell lateral raises

Intensity was the key to my bodybuilding success, regardless of what musclegroup I was training.

Art Zeller

The same principle holds true for the modern bodybuilder. Some bodybuilding authorities maintain that if you have good shoulders, abs and calves, you have the basis for a great physique. There is definitely a lot of truth to that statement. No matter how massive or muscular your thighs, arms, chest or back, you cannot be considered well developed without good shoulders, abs and calves.

The reason is easy to understand. Consider the calves. Like the shoulders they can be seen from any angle and are involved in every pose. You cannot hide poor calves. Calves are so important that if a bodybuilder has good thighs but poor calves we say, "He has no legs." On the other hand, if a bodybuilder has average thighs but incredible calves we say, "He has good legs."

Without good abs you are not in good physical condition. When your abs are smooth and heavy and carrying a lot of fat, so is the rest of your body. Also, a heavy, thick waist detracts from your shoulder width, resulting in less V-taper and a thick, blocky appearance. Make your waist smaller, and you create the illusion of wider shoulders (as Vince Gironda so cleverly puts it). Make your shoulders wider and you create the illusion of a smaller waist. The development of these two muscle groups is strongly interrelated. The development of one – or lack of development – influences the other.

The deltoids are visible from every angle – front, back and the sides. They are impossible to hide. If you are a competitive bodybuilder, they are involved in every pose. Good deltoid development and wide shoulders even make you look better in clothes. Tailors and fashion designers have known this for centuries. That is why they put pads in the shoulders of coats, suits, dresses and blouses – to artificially give an exaggerated V-taper. Anything that makes the shoulders look wider and the waist and hips seem smaller is going to improve your appearance.

Without good V-taper and wide shoulders a bodybuilder just does not look aesthetically correct. No matter what arguments you advance, a wide-shouldered, small-waisted bodybuilder will always defeat a narrow-shouldered, thick-waisted one, everything else being relatively equal. Bodybuilders who are born with very wide shoulder structures – like Reeves, Don Howorth, Frank Zane and Lee Haney – have an enormous advantage over the bodybuilder cursed with pinched or narrow shoulders.

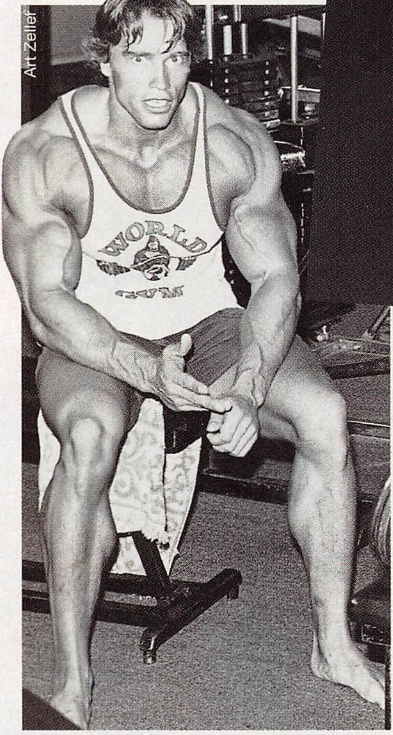
Steve Reeves was one of the first bodybuilders to display these classical proportions. He was blessed with naturally very wide shoulders, good deltoid development, superb V-taper, a small waist and beautiful calves. His physique is still considered among the most aesthetically pleasing ever developed, primarily because of his ideal proportions and X-frame.

Shoulder width, as it is related to skeletal structure, is basically a matter of genetics. Your skeletal structure is something you are born with. Training enables you to increase the width of your shoulders if you do exercises that stretch and spread the clavicles and

Layuot by David Nemeth

## BY ARNOLD SCHWARZENEGGER

scapulae. They are the bones that make up the front and back of your shoulder structure. The clavicles (commonly referred to as the collarbone) form the front shoulder bones of the shoulder girdle. The scapulae are the pair of large, flat, three-sided bones that form the back of the shoulders. Through stretching exercises such as the wide-grip chins, wide-grip pulldowns, wide-grip front presses, behind-the-neck presses, wide-grip bench presses and incline presses, and wide-grip bent-over rows and deadlifts, you can stretch, spread and pull apart the clavicles and scapulae. This stretching creates a wider shoulder girdle. Regular heavy training makes the clavicles and scapulae become thicker, more curved, and more ridged for muscle attachment. You create the potential for more upper-body width and mass in the shoulders, pecs and lats by this stretching and spreading action of the clavicles and scapulae.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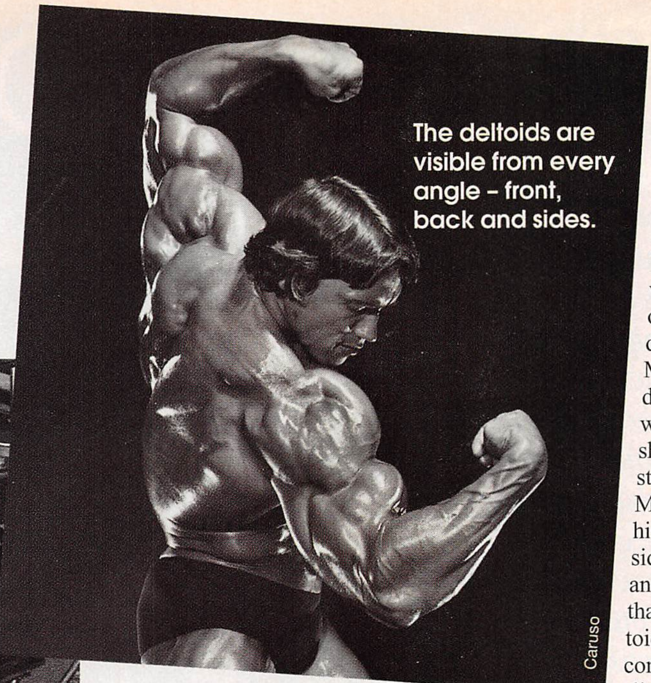
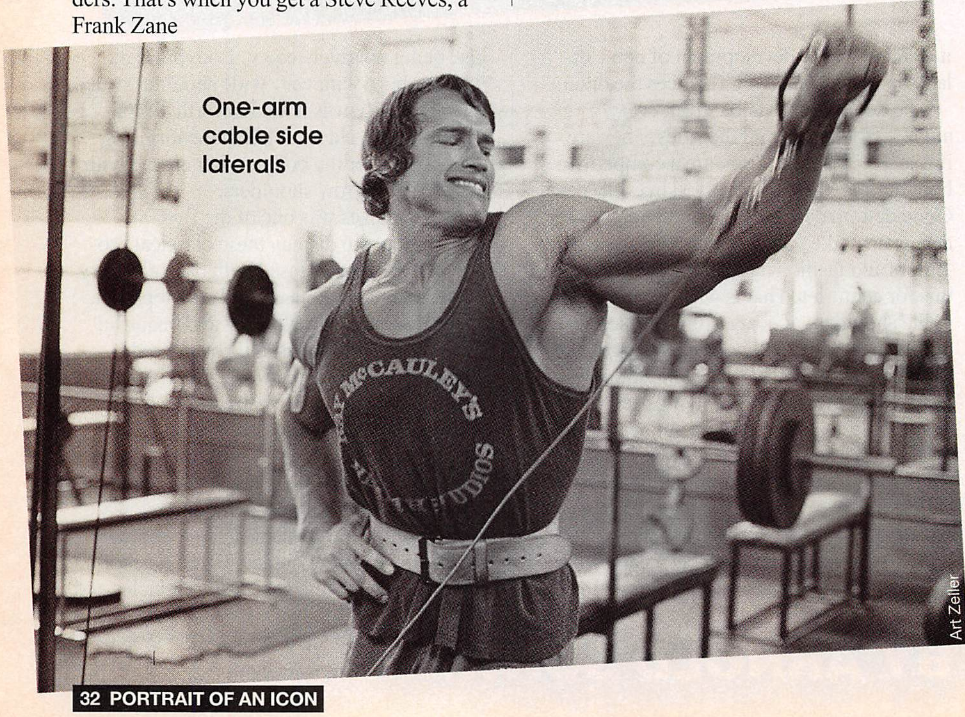

The deltoids are visible from every angle – front, back and sides.

Caruso

If you were born with naturally wide shoulders, such stretching of the clavicles and scapulae can create superwide shoulders. That's when you get a Steve Reeves, a Frank Zane or a Don Howorth. If you were not blessed with shoulders that are especially wide, you can create more width than you were born with. You can actually change your skeletal structure. I don't mean that a man with naturally narrow shoulders can eventually get the shoulder width of Reeves or Howorth, but with time and effort there can be remarkable improvement.

Stretching and spreading the clavicles and scapulae is only half the battle to wide shoulders. The other half comes from full deltoid development. The deltoids are composed of three distinct heads – the side or medial head (the head that creates more mass and width to the sides of the shoulders), the front or anterior head, and the rear or posterior head. These distinct heads are plainly visible on any bodybuilder in good muscular shape. Proper symmetry and proportion demand all three heads be developed for maximum upper body impressiveness. Intelligent training enables you to create the illusion of more shoulder width by the development of huge, round, "coconut" delts. This is what former Mr. Olympia Larry Scott did. Unfortunately Larry wasn't blessed with a wide shoulder girdle. That didn't stop him from winning the Mr. Olympia title. He made his deltoids – especially the side heads – so huge, round and full that he looked wider than he really was. His deltoid development is still considered among the best of all time.


One-arm cable side laterals

Art Zeller

The side head gets a lot of attention by most bodybuilders because it does add to shoulder width, but total development of all three heads is essential. The front head of the deltoids must tie in to the pectorals, while the rear head must tie in to the traps, triceps, teres major and the other muscles of the upper back. The effectiveness of a rear double-biceps pose depends largely on how much shape, separation and definition you display in the three heads of the deltoids (which can be clearly seen in this pose). Traps, lats and the major muscles of the back must be fully developed too. The front and side delts and the traps are very important in the most-muscular pose. All three heads contribute to the side chest pose. No matter which poses you perform, or which transitions you make while moving from pose to pose, some aspects of your deltoids are always under scrutiny.

Although classified as a back muscle, the trapezius is an integral part of the rear shoulder girdle, while the subclavius and pectoral minor form parts of the front shoulder girdle. Complete development of the traps, subclavius and pectoral minor muscles is necessary for maximum shoulder impressiveness.

Since stretching and spreading of the clavicles and scapulae are effected for the most part by regular lat and chest training, I will focus mainly on the exercises I used for development of my deltoids and traps. The deltoid-trapezius complex is such a complicated muscle structure that I did more sets for this area than any other bodypart – as many as 50 sets in a single workout and rarely fewer than 30. There has been a lot of discussion in the magazines about overtraining, and some champions claim to perform only 5 sets per muscle group. I just do not see how you can train your entire shoulder area with only 5 sets. Since the deltoids consist of three individual heads, I treated each head as a separate bodypart, so three

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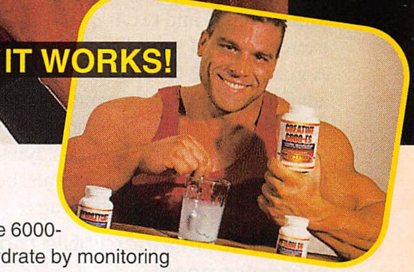

Supplements of the past were just basic nutrients that mainly consisted of proteins and vitamins and offered little benefit to athletes. However,1993 was the turning point for bodybuilding supplementation. This was due to the development of creatine monohydrate and for the first time it was available to bodybuilders across North America.

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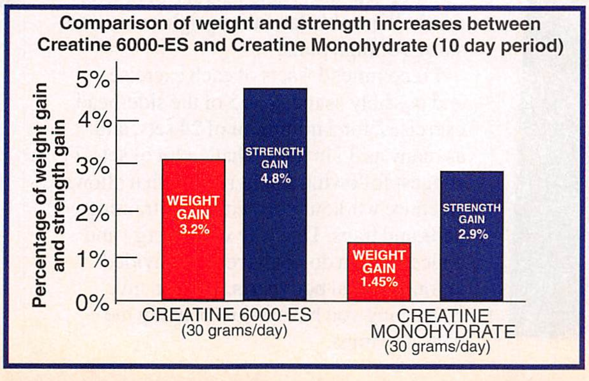

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heads required, in my opinion, at least 15 sets. The traps are very large and complex too. I believe you need a minimum of six exercises to properly work the delts and traps, and six times 5 sets equals 30 sets.

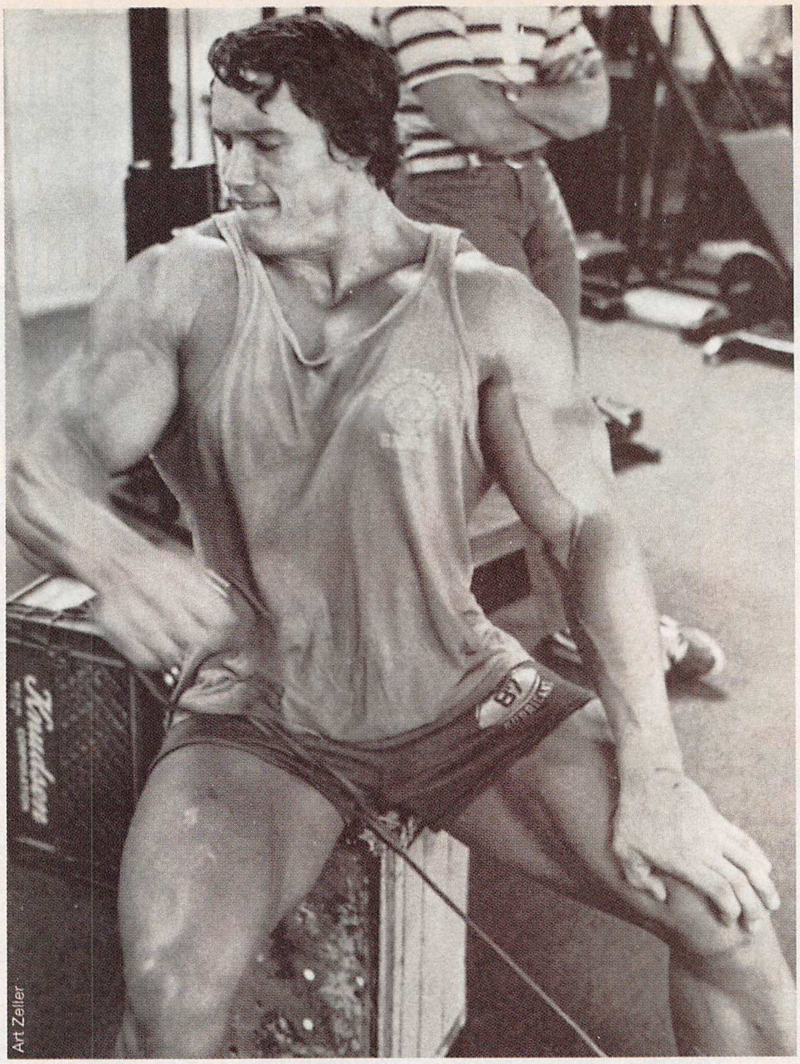
Even a total beginner should do two exercises for the delts and traps. A beginner needs to stick to basic compound movements, so I recommend either the front military press or the behind-the-neck press for 3 sets and another 3 sets of upright rows. This routine will give good stimulation to the front and side heads of the delts, as well as the traps.

The intermediate should do three or four exercises for the delts and traps. I suggest seated behind-the-neck presses, standing dumbell laterals for the side head, bent-over laterals for the rear head, and upright rows for the delts and traps. Three sets of 6 to 10 reps of each exercise would make for 12 sets.

More advanced bodybuilders probably need five or six exercises to properly work the entire deltoid-trap complex – at least four deltoid exercises and two trap exercises. Do 4 sets of each. A good routine for an advanced bodybuilder would include the following six exercises: seated behind-the-neck presses, dumbell laterals, lying side laterals or one-arm cable laterals, bent-over laterals, upright rows and shrugs.

**Check out this incredible most-muscular pose!**

Art Zeller


Art Zeller

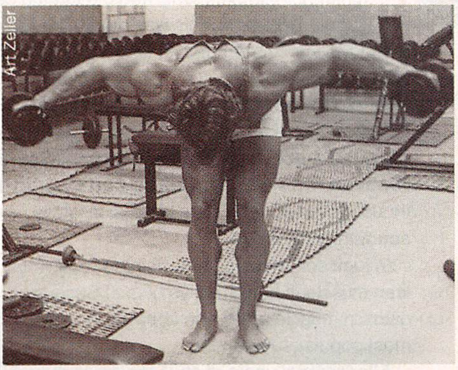
**I always used strict form and a full range of motion when training shoulders.**

Advanced bodybuilders must design and follow workout routines that improve their weak points, and that create balance, proportion and symmetry, in addition to size and mass. Any bodybuilder who is especially narrow-shouldered should do lots of wide-grip chins and pulldowns during lat workouts to stretch and spread the clavicles and scapulae. The narrow-shouldered need to follow a delt-trap routine that specializes on development of the side deltoid head. Such a routine might include six to eight of the following exercises: seated behind-the-neck presses (using a wide grip), standing dumbell side laterals, lying side dumbell laterals, standing one-arm cable laterals, bent-over dumbell or cable laterals, upright rows, and shrugs or high pulls.

I recommend 4 sets of each exercise, and possibly as many as 5 of the side-head exercises, for a minimum of 24 sets, and as many as 35 in total. That's a lot of sets. I suggest following a split routine that allows an entire workout devoted just to training delts and traps. This way your energy and concentration do not have to be divided among several bodyparts. You can give everything you have to just blasting the delts and traps.

## MY PERSONAL DELT-TRAP TRAINING

Like all bodybuilding champions, over the years I have experimented with every deltoid and trap exercise in the book. Not everyone responds well to every exercise. I am no different. Through trial and error I discovered the deltoid and trap exercises that worked best for me. I suggest you do the same. Yes, certainly try my favorite deltoid and trap exercises, but do not be afraid to experiment with others. When you find an exercise that works especially well, keep it in your routine nearly all the time. Since dozens of variations are possible for each delt exercise, you should in time be able to come up with a list of six to eight effective core exercises. Find exercises that you always get a great pump from and in which you have total confidence that they best let you isolate the muscle and work it hard. You do not have to use all these exercises in each workout. You might respond best to just four or five of them per workout, depending on your schedule. You keep your favorite core exercises in your routine most of the time and do other movements occasionally to keep from going stale or getting bored or to shock the muscle.


Art Zeller

**Bent-over dumbell laterals**

Just remember to design a program that will bring up your weak points. Your goal should be to create symmetry, proportion and balance in addition to mass and size.

Over the years I managed to pare down my list of most effective deltoid exercises to these nine:

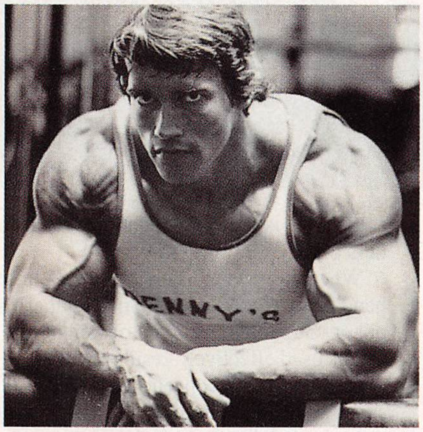
1. Rotating "Arnold presses"
2. Standing dumbell lateral raises
3. One-arm cable side laterals
4. Lying one-arm dumbell raises

5. Seated behind-the-neck presses
6. Seated dumbell presses
7. Seated military front barbell or Smith-machine presses
8. Standing alternate dumbell raises
9. Bent-over dumbell laterals

For my traps I generally did one of the three following exercises:

1. High pulls
2. Upright rows
3. Shrugs

When in a precontest training phase I would do nine of the 12 movements each workout to bring out cuts, detail, separation and definition. Usually I stuck to straight sets but occasionally I would do some supersets for extra pump and intensity. Sometimes for down-the-rack drop sets of Arnold presses I'd do a cycle of six drops in weight without any rest, starting with 90-pound dumbells and working down the rack to the 40s. I repeated this sequence three times for a total of 18 sets. After that my delts would be so pumped that I could hardly lift my arms overhead!

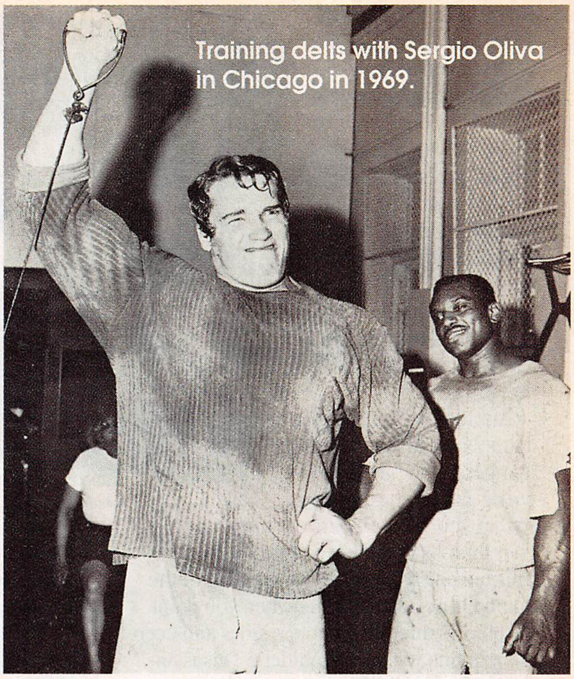

**Even when relaxed, the Oak's delts appeared monstrous.**

In the off-season I generally picked six of the movements – five for deltoids and one for traps – and did 5 sets of each exercise. I kept to straight sets, moderate reps and heavy weights to add more mass.

## PRESSING EXERCISES

When you get right down to it, deltoid work is mostly raises for the individual delt heads and variations of pressing exercises for overall deltoid mass and strength. I used four types of pressing exercises for overall deltoid development and strength: front barbell or Smith-machine military presses, behind-the-neck barbell or Smith-machine presses, front or regular dumbell presses, and rotating dumbell presses (of which I had my own special version – hence the name "Arnold press"). They can be performed either seated or standing, but I generally preferred seated pressing because it was stricter and allowed me to isolate my deltoids better. Doing presses seated also puts less strain on the lower back.

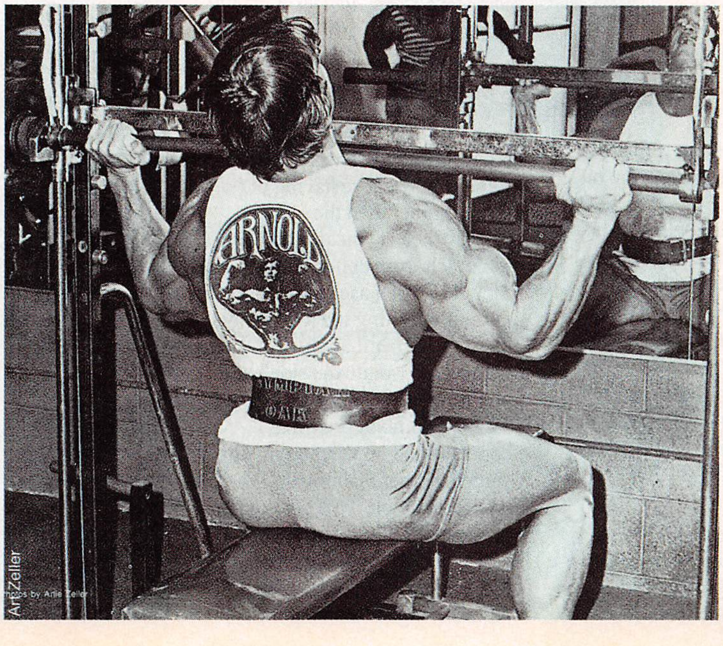
I normally selected two of the four pressing exercises each time I trained delts. Actually, I nearly always did Arnold presses and I rotated the other three exercises. One workout would be Arnold presses and seated behind-the-neck presses. The next deltoid workout might have been Arnold presses and seated military front presses using the Smith machine, and so on. By doing four pressing exercises alternately in my deltoid workouts instead of just one, I got better all-round development. I never got stale or bored because I was always changing my exercises. I liked to do 5 sets of 6 to 12 reps. I'd start light and pyramid up in weight each set so that my final set would be my heaviest.


Training delts with Sergio Oliva in Chicago in 1969.

Most bodybuilders are not aware that there are two distinct pressing styles. Which one you use has a tremendous influence on how much deltoid development you get. Just as there are "pectoral bench pressing" and "front deltoid/triceps bench pressing," there are what I call "deltoid overhead pressing" and "triceps overhead pressing." One is a bodybuilding exercise and one is a weightlifting lift. All the pressing movements in my delt routine were deltoid presses. The type of pressing done by Olympic weightlifters in the past was mostly triceps pressing. Any press in which the arms completely straighten and lock out is primarily triceps pressing.

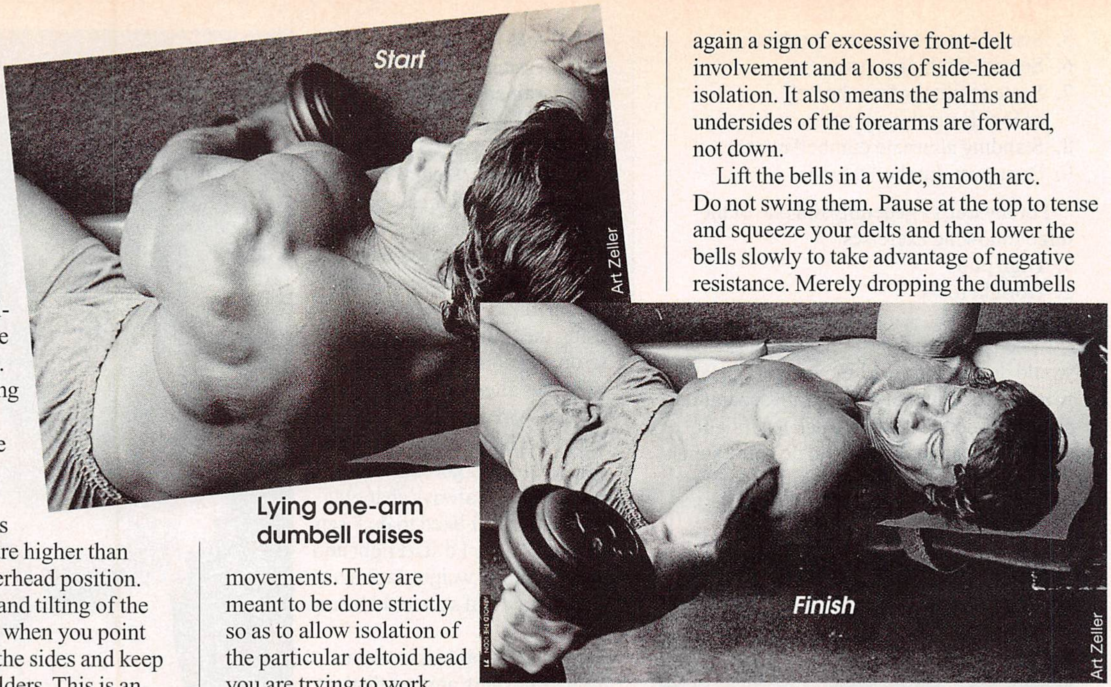
Deltoid pressing requires the use of a wide grip on a barbell or Smith-machine bar, whether you're doing front military presses or behind-the-neck presses. I recommend gripping the bar 4 to 6 inches outside the shoulders. Why such a wide grip? Because a wide grip prevents you from locking out your arms at the top of the press. Even after you have pressed the weight as high as it will go, there will still be some bend in your elbows. A wide grip also promotes a position in which the elbows are flared wide and pulled back in line with the shoulders for better isolation and involvement of the side deltoids. Triceps pressing with a narrow grip encourages an elbows-forward position which mostly affects only triceps and front delts.

One of the biggest mistakes I see beginners and intermediates make all the time is locking out their arms when doing presses. Once you lock out your arms, you take the tension off the deltoid muscles and transfer it to the triceps. When I pressed a weight up, there was always some bend in my elbows, even in the top position. That style kept constant tension on my deltoids. If you can straighten your arms completely and lock out your elbows, you know your grip is too narrow (shoulder width or less). If your elbows are in front of your body as you press, and not pulled back in line with your shoulders, you can work only front delts and triceps.

**Seated Smith-machine presses**


The secret to successful deltoid dumbell pressing with any type of dumbell press – be it regular dumbell presses or rotating Arnold presses – is to keep the elbows wide, flared to the sides, and pulled as far back in line with the shoulders as possible throughout the entire range of motion. You should get the feeling that you are trying to pull your hands and elbows completely behind your head. The farther you pull the elbows and hands back, the better you isolate and activate both the front and side deltoid heads.

If you keep the elbows flared wide and pulled back in such a fashion, straightening the arms will be physically impossible. As with deltoid barbell pressing, there will always be constant tension on the deltoids. If you allow the elbows to move forward of the shoulder line, however, you'll be able to lock out your arms. Then you're back to working triceps again.

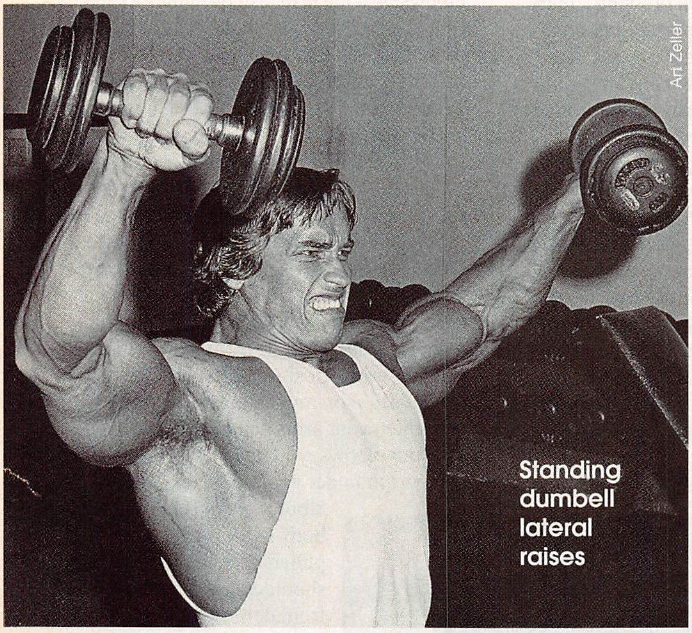


Art Zeller

Art Zeller

Lying one-arm dumbell raises

Another tip for effective deltoid pressing with dumbells is to turn your wrists and tilt the dumbells so that your little fingers are higher than your thumbs in the top overhead position. This turning of the wrists and tilting of the dumbells occurs naturally when you point the elbows directly out to the sides and keep them in line with the shoulders. This is an important detail. The tips of the elbows must point directly sideways, not downward. With the elbows flared wide and pointing to the sides, straightening the arms once again becomes impossible. The elbows remain bent at the top, keeping constant tension on the deltoids.


Art Zeller

Standing dumbell lateral raises

The effect of tilting the dumbells (so that the little fingers are higher than the thumbs) and keeping the elbows flared wide and pulled back as far as possible is to increase activation and involvement of the side head. You work much more of the overall deltoid structure for better mass and shape. Regular pressing is mostly front head. I always did deltoid presses – for which grip width and elbow and hand positions are crucial.

### LATERAL EXERCISES

Now on to the isolation lateral movements I used in my routines to directly work the front, side and rear heads of the deltoids. Lateral raises are by definition isolation movements. They are meant to be done strictly so as to allow isolation of the particular deltoid head you are trying to work. Although I did three variations of laterals to target the side or medial head of the deltoid, the major performance points of all three are similar.

First, I always used strict form and a full range of motion. I focused on doing the exercise in such a way as to isolate and work the side head. I kept my palms and the undersides of my forearms down, even in the fully contracted top position. As with deltoid pressing, I tried to keep my elbows pulled back in line with my shoulders. Elbow position is more critical than hand position in laterals. My elbows were higher than my wrists except for the final few inches at the top when my hands caught up and finished at the same level (or sometimes slightly higher). This point is important because having the wrists higher than the elbows usually means you are involving too much front deltoid. A training thought I often used on laterals was to think of lifting the rear of my deltoids higher than the front. This idea let me isolate the side head and work the rear head hard too.

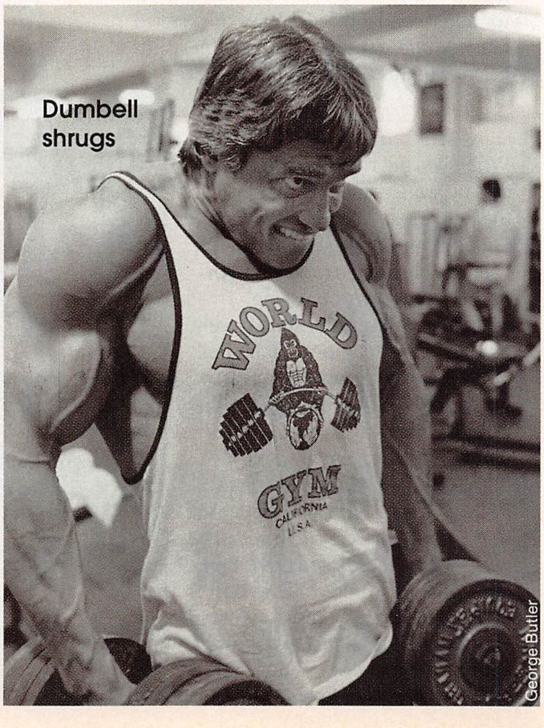
As in dumbell pressing, I concentrated on keeping my little fingers higher than my thumbs in the top position. This position occurs naturally if you keep your palms and the undersides of your forearms facing downward. If the thumb is higher than the little

again a sign of excessive front-delt involvement and a loss of side-head isolation. It also means the palms and undersides of the forearms are forward, not down.

Lift the bells in a wide, smooth arc. Do not swing them. Pause at the top to tense and squeeze your delts and then lower the bells slowly to take advantage of negative resistance. Merely dropping the dumbells finger, that is greatly reduces the effectiveness of the exercise.

When doing laterals always keep a little bend in the elbows. Do not lock your arms out or you limit the amount of weight that can be used effectively, resulting in less mass. Most of all, concentrate on feeling the stress in the target head. If you are working your side head and you feel the burn and pump in the front head, you know your form is wrong. If you are doing bent-over laterals for the rear head and you feel your traps or your triceps, but not your rear delts, reevaluate your form. Don't just keep doing the exercise the same way. Experiment with different angles and arcs until you find the groove that lets you totally isolate the rear head.

That's good advice whether you're doing front raises for the front head, side raises for



George Butler

Dumbell shrugs

the side head, or bent-over raises for the rear head. Discover the methods that best permit you to work the muscle hard. Only through experimentation can you personalize each of the movements of your routine. Your body will tell you what it needs if you listen to it.

## TRAPS

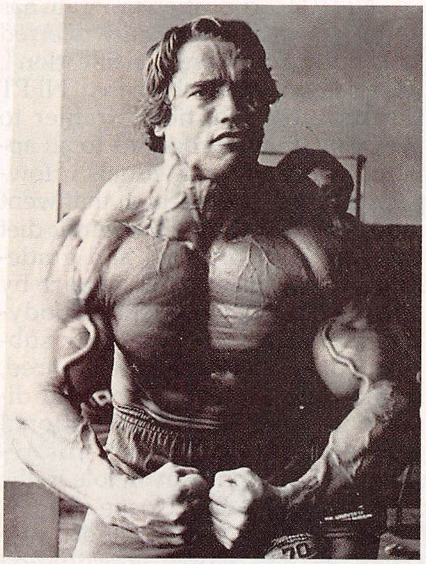
Three basic exercises work the traps – shrugs, high pulls/power cleans and upright rows. Depending on your needs, I suggest picking two movements and doing 4 sets of each.

The traps respond best to heavy weights, but always try to use full reps. Too often I see bodybuilders using superheavy weights on shrugs and doing tiny bouncing reps in which their shoulders and traps hardly move at all. This type of training is good for the ego, but it does not give the traps a good workout. I preferred to do dumbell shrugs because I got a greater range. I would raise my shoulders and traps as high as I could. (The old adage about trying to touch your traps to your ears is a good one because it encourages a full range of motion.) Pausing at the top to squeeze and tense my traps gave a peak-contraction effect. Then I slowly released back to the starting position.

Whether you are doing power cleans, high pulls, upright rows, or a variation of shrugs, try to *think* the action into the traps. Use deep concentration and do each rep deliberately. Do not just go through the motions. Motions mean nothing. It's muscle action you're after – a burn and pump in the muscle – not motion.

## SOME FINAL THOUGHTS

Deltoid-training looks deceptively simple to the eye but is much more difficult than it appears. This fact applies especially to laterals and dumbell presses. Pay attention to the details concerning positions of hand, wrist, elbow, palm, thumb and little finger. Always use as much weight as you can handle with good form. Train progressively and constantly strive to add more resistance, but never at the expense of strict exercise form.



Ripped to shreds.

Do each exercise with a full range of motion. Half-reps build only half-muscles. Concentrate fully on each exercise. Keep your mind on your workouts. Don't fool around or spend time talking to friends between sets. Superintense training is required to build large fully developed deltoids and traps. This is the law of bodybuilding. You get out of your workouts only what you put into them.

Be consistent in your training. Missed workouts slow progress. The only time you should miss a workout is when you are ill or you truly feel overtrained. Constantly evaluate your progress. If you feel tired and overtrained, cut back your workouts by a few sets. Pay special attention to your diet. Make sure you get enough protein and calories to promote growth. Hard workouts achieve nothing if you follow a poor diet.

Your deltoids and traps must be completely pumped up before you leave the gym. Failure to get a good growth pump usually results from one of the following causes:

1. You do not train hard enough.
2. You rest too long between sets. (Limit rest to about one minute between sets except on your heaviest sets of presses.)
3. Your diet is inadequate.
4. You do not get enough sleep and rest to promote recovery between workouts.

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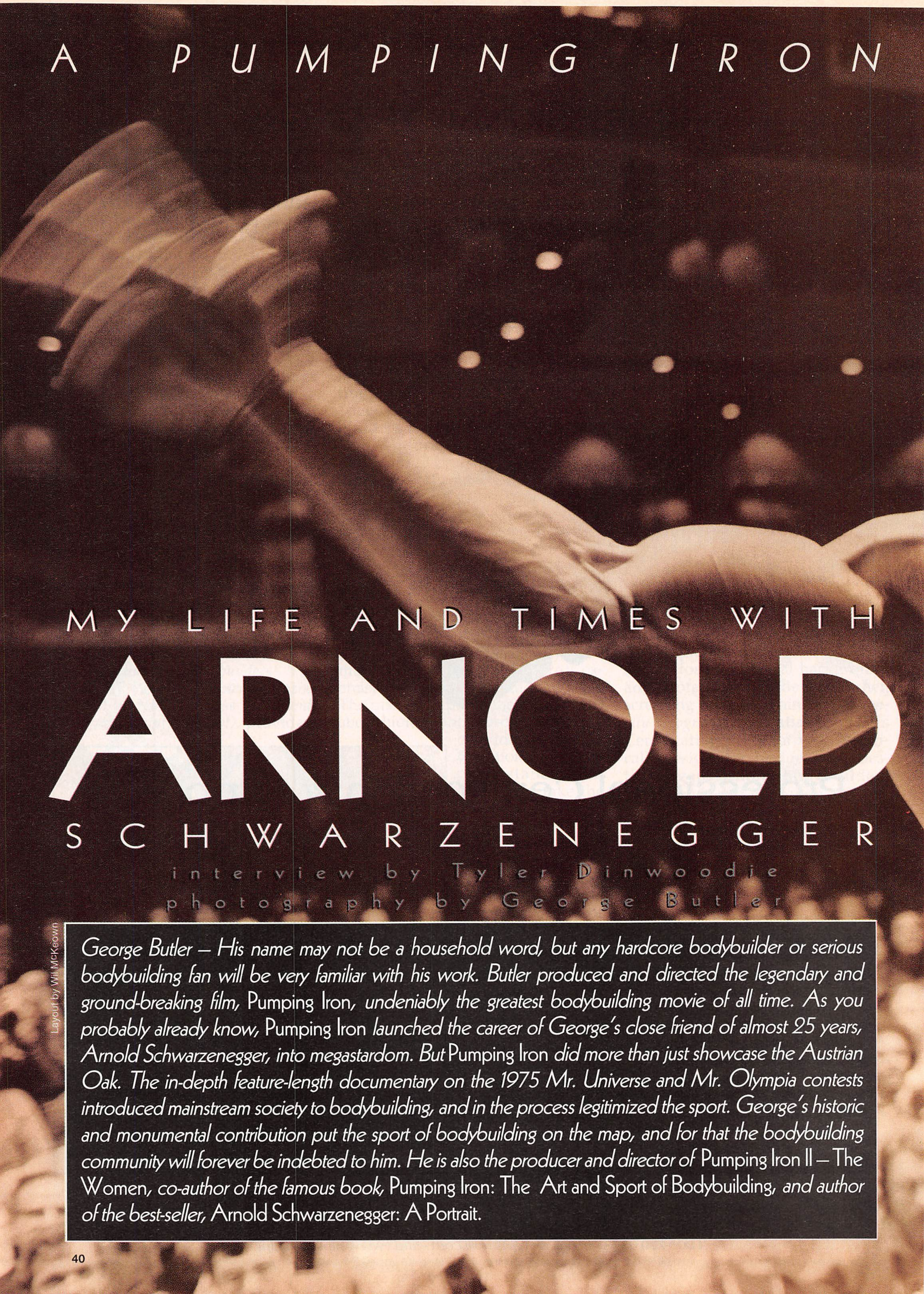


## A PUMPING IRON

# MY LIFE AND TIMES WITH ARNOLD SCHWARZENEGGER

interview by Tyler Dinwoodie

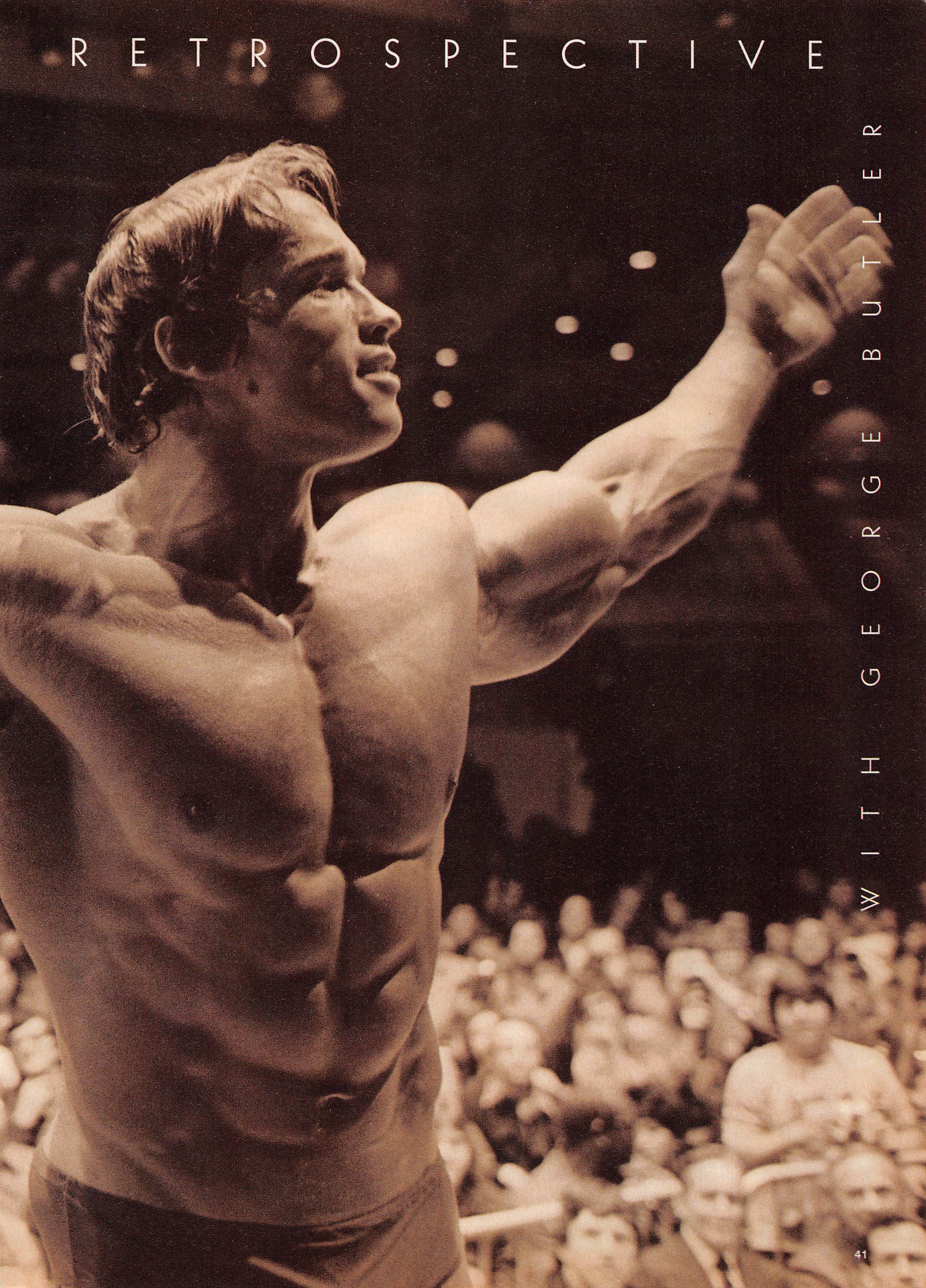
photography by George Butler

Layout by Wil McKeown

*George Butler – His name may not be a household word, but any hardcore bodybuilder or serious bodybuilding fan will be very familiar with his work. Butler produced and directed the legendary and ground-breaking film,* Pumping Iron, *undeniably the greatest bodybuilding movie of all time. As you probably already know,* Pumping Iron *launched the career of George's close friend of almost 25 years, Arnold Schwarzenegger, into megastardom. But* Pumping Iron *did more than just showcase the Austrian Oak. The in-depth feature-length documentary on the 1975 Mr. Universe and Mr. Olympia contests introduced mainstream society to bodybuilding, and in the process legitimized the sport. George's historic and monumental contribution put the sport of bodybuilding on the map, and for that the bodybuilding community will forever be indebted to him. He is also the producer and director of* Pumping Iron II – The Women, *co-author of the famous book,* Pumping Iron: The Art and Sport of Bodybuilding, *and author of the best-seller,* Arnold Schwarzenegger: A Portrait.

# RETROSPECTIVE

## WITH GEORGE BUTLER



SCHWARZENEGGER
by George Butler

From 1972 to 1982 Butler was afforded unprecedented access to the Austrian Oak during his bodybuilding heyday, and some of the 6,000 photographs he took of Arnold grace the pages of this article. Besides *MuscleMag International*, George's photographs have also been published in such prestigious magazines as *Life*, *Time*, *Newsweek*, *Vanity Fair*, *People*, *Vogue*, *Sports Illustrated*, *Muscle & Fitness*, *Flex*, *Ironman*, *Muscle Media 2000* and *Muscular Development*, to name just a few.

In 1991 Arnold purchased the rights to the film *Pumping Iron* along with the 90 hours of footage that wasn't used in the movie. Recently Arnold told *MuscleMag* that he was interested in having George make another documentary out of those 90 unused hours.

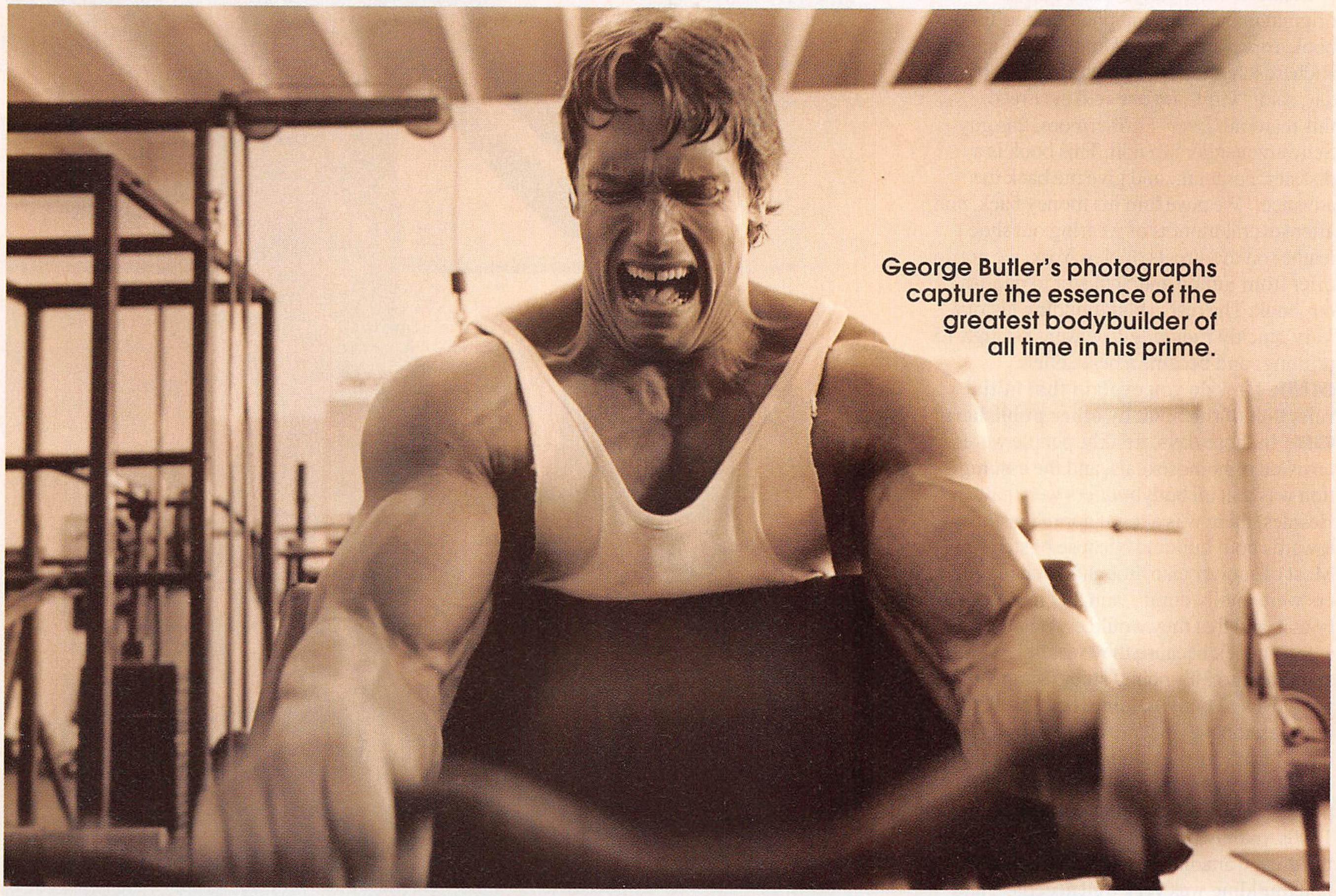
But there is more to George Butler than just *Pumping Iron*. He is also an accomplished filmmaker, writer and photographer. He was born in England and grew up in East Africa and Jamaica before finally settling in the USA. He graduated from Groton and the University of North Carolina and received his master's degree in creative writing from Hollins College. He has been a writer for *Newsweek* and a VISTA volunteer (specifically, he readily admits, to avoid going to Vietnam where all of his friends were being killed). George Butler is a very intelligent, articulate, outspoken and fascinating personality. In this exclusive interview *MuscleMag* readers are able to get an in-depth look at this pioneer of modern bodybuilding and the man behind *Pumping Iron*.

**MMI: How did Charles Gaines and you, both outsiders to bodybuilding, get involved with the sport?**

**GB:** Charles wrote a novel entitled *Stay Hungry*, loosely based on bodybuilding, and I had been a rower when I was in high school. I used to work out in my school's gym in Jamaica, so I was open to bodybuilding in a way that other people might not have been. When Charles finished his novel, he got an assignment from *Sports Illustrated* to cover a bodybuilding contest – the 1972 Mr. East Coast contest in Holyoke, Massachusetts. The competition was won by Leon Brown, a laundry worker from Staten Island, New York. *Sports Illustrated* assigned me to take the photos for Charles's article. Charles and I both were living in New Hampshire and I had just done a book entitled *The New Soldier* with Massachusetts Senator John Kerry on the Vietnam war. So Charles and I each had a book under our belts, and we were young, hungry, ambitious and looking for something to do. We marveled at the energy of the crowd that we encountered in Holyoke. There were only 200 people in the venue but they were going crazy over what was happening onstage. When we handed in the assignment to *Sports Illustrated* I remember the photo editor saying, "These are the ugliest pictures of the ugliest human beings I have ever seen!" We were informed on the spot that this was our first and last assignment on bodybuilding. That pretty much set the tone for everything that followed.

Undaunted, however, we went to other magazine editors with the idea of covering the sport. Everyone, with one exception, turned us down. Luckily I had a friend, Sean Callaghan, who was the assistant photo editor at *Life* magazine. Jauntily he suggested: "Why don't you cover the '72 Mr. Universe contest in Baghdad for us? I won't give you an airline ticket, but I'll give you a one-time fee of $300 for one picture for *Life*." So Charles and I went off to Iraq, and it was one of the most bizarre projects I have ever done. For instance, when we landed in Baghdad with the American competitors, the entire general staff of the Iraqi army showed up to greet Mike Katz and Ed Corney. (Both had won the Mr. America title.) At the time the Iraqis were at war with the Syrians, but they literally stopped the war for the Mr. Universe contest! Could you imagine General Powell stopping the Gulf War for a similar reason?

The headlines of the newspapers in Iraq read, "*Life* magazine comes to cover Mr. Universe." The competition was broadcast on live television all over the Middle East. The theater held maybe 1500 people, but there were thousands of excited Arabs trying to get in. They were literally breaking the doors down. It was scary. I have photos of arms coming through windows and people crushing one another. The excitement was really something. Mike Katz was mobbed everywhere he went. (laughs) We felt as if we were in a crazed adventure out of *Ali Baba and the 40 Thieves*. The mayor of Baghdad gave a lunch in honor of the contestants, and



George Butler's photographs capture the essence of the greatest bodybuilder of all time in his prime.

the menu included a whole roasted ox and a whole 100-pound roast fish. Later he organized a horse race with Arab jockeys in flowing robes. It was wonderful stuff.

I took my pictures and headed home. When I got off the plane in Geneva I picked up a copy of the *International Herald Tribune* and read "*Life* magazine folds." So I actually got the last overseas assignment ever given out by the original *Life* magazine. That was kind of nice, but there was no place to publish the pictures.

In late 1973 or early '74 we handed in our original manuscript and photographs for our book, *Pumping Iron*, to Doubleday. Sandy Richardson, the editor-in-chief at Doubleday, said: "Guys, no one will ever read this material. Ever! Furthermore, this guy Schwarzenegger is a dolt. This book is a disaster. Forget it...and give me back the advance." We gave him his money back, and after several months of wearing out shoe leather on the streets of New York, we got an offer from Simon and Schuster to publish our book. The rest is bodybuilding history. Very quickly *Pumping Iron* went through 15 printings and became a best-seller.

**MMI: How do you explain that initial rejection of the book by other publishers?**

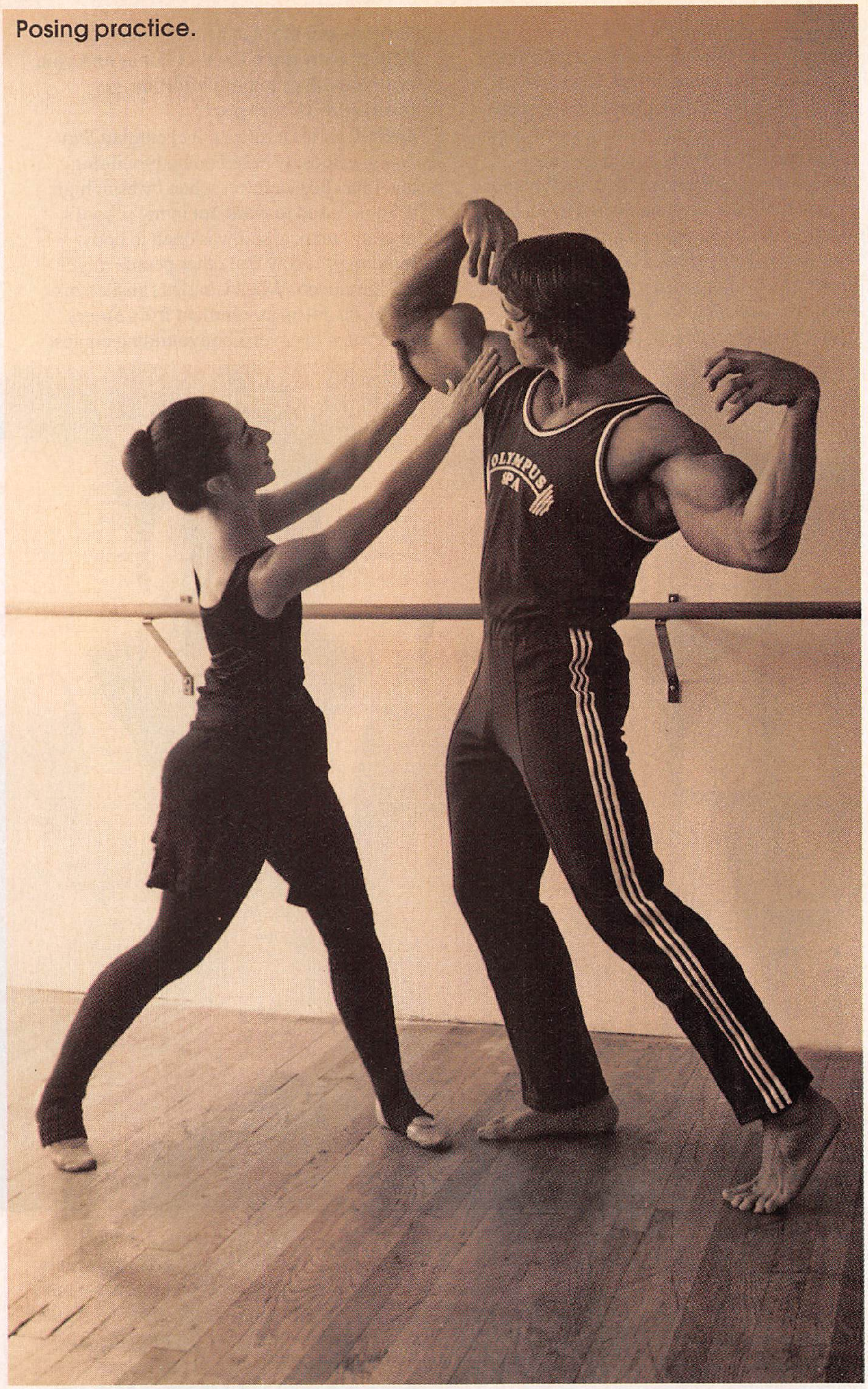
**GB:** In those days, frankly, people were terrified of homosexuals, and the assumption was that all bodybuilders were gay. Besides, there was a lot of apprehension towards bodybuilding because of steroids. Most of society also thought that bodybuilders were totally dumb, vain and muscle-bound, and that they would eventually die of a heart attack because they would just get fat and turn into 300-pound slobs. Simply put, people hated bodybuilding. I can't tell you how passionately people hated it in those days. I can't fully explain it except for the fact that it was just out of fashion and unpopular. This is interesting because in the 1890s, mainly through Eugen Sandow and the great Canadian strongman Louis Cyr, bodybuilding was very well accepted, and only the fanciest people did it. But in the early 1970s it was about as unfashionable as it could be, and we were rejected and rejected and rejected and rejected. Back then bodybuilding wasn't handling itself well. I mean, despite their long-term dedication to the sport, the Weiders and Dan Lurie were running these really tacky contests. The sport had no public relations and no sense that it could be bigger than what it was at the time.

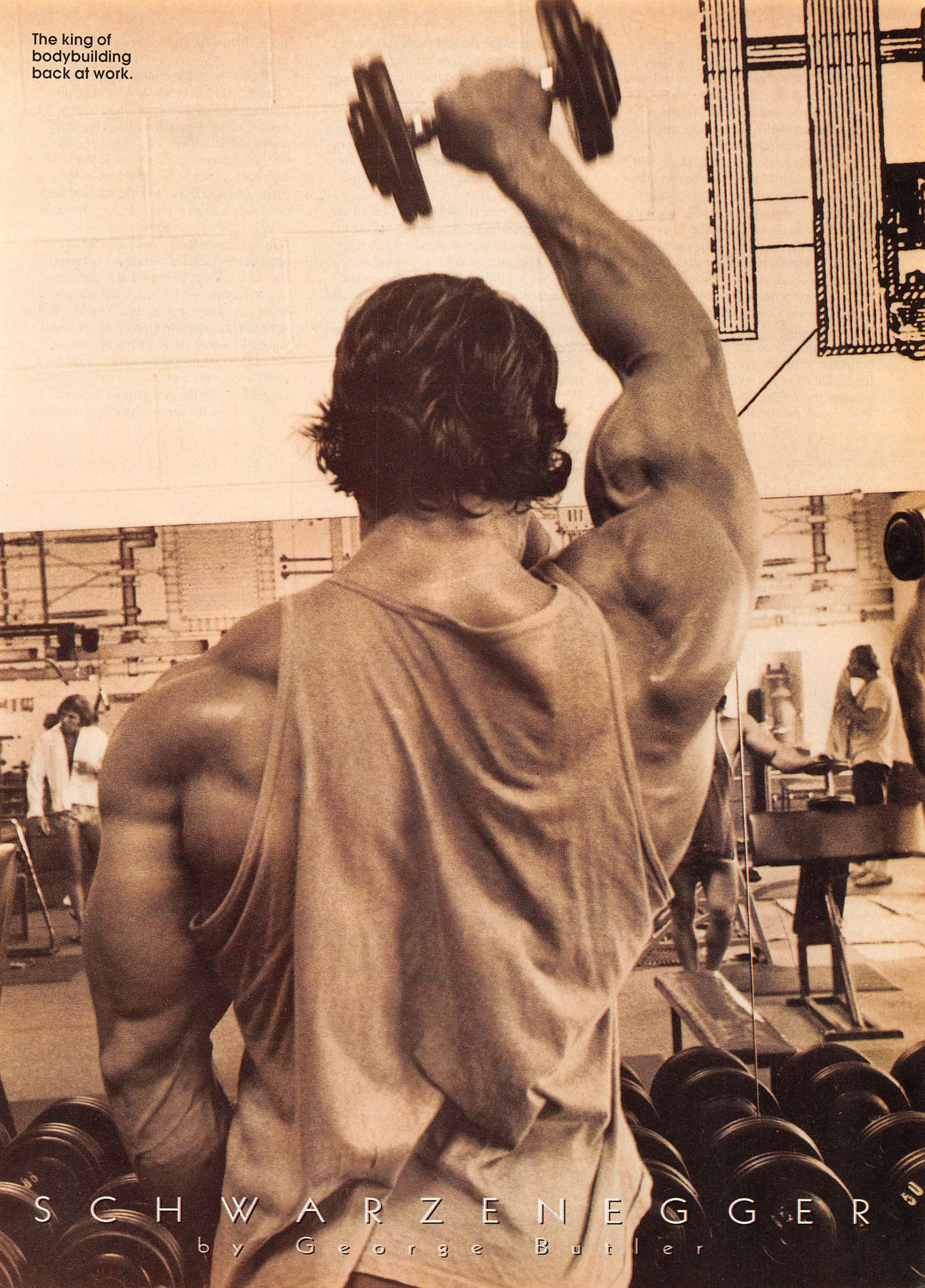
One of the first people to help Charles and me – and this is the absolute truth – was Robert Kennedy of *MuscleMag*. He was, and still is, one of the best people in the field. He published some early material on the book. Bob thought it was great and he was extremely helpful. Additionally, all the bodybuilders themselves were fantastic – from Mike Katz to Ed Corney to Leon Brown to a lot of guys whose names even you probably won't know, Tyler. Everyone inside the sport was terrific – and I mean terrific. Arnold and Franco Columbu, who were the biggest names in bodybuilding at the time, were open and receptive. I think they had a sense of what we were trying to do.

I'll never forget...there was a key introductory meeting that took place at the Brooklyn Academy of Music, where Arnold had given an exhibition at the Mr. America contest. Franco, who followed him, got an even bigger hand from the audience because he was Italian and this was Brooklyn. It was probably one of the last times that ever happened! I've got photographs of young Louie Ferrigno at the contest looking enviously and with a certain amount of awe at Arnold, whom he was seeing for the first time in person.

The morning after the contest Charles and I had breakfast with Franco and Arnold at a Howard Johnson's restaurant at 49th and 8th. We said we wanted to come out the following summer to Venice, visit Gold's Gym and see the training routines. If Franco and Arnold had been suspicious at that point, we probably would have dropped the whole book idea there and then. That was an absolutely critical moment.

You can't imagine how tricky all of this was. Charles Gaines and I had every door in New York City slammed in our faces. This was unusual for us. For example, we took Arnold to the William Morris Agency to see if they would represent him. We couldn't get beyond reception! No agents would even


Posing practice.



The king of bodybuilding back at work.

# SCHWARZENEGGER

by George Butler

meet with us. It was embarrassing and an uphill struggle all the way until the book was published. When that occurred, we did have one piece of good luck, though. We got on the *Today* show with Barbara Walters at Thanksgiving in 1974 to promote this newly published book, *Pumping Iron*.

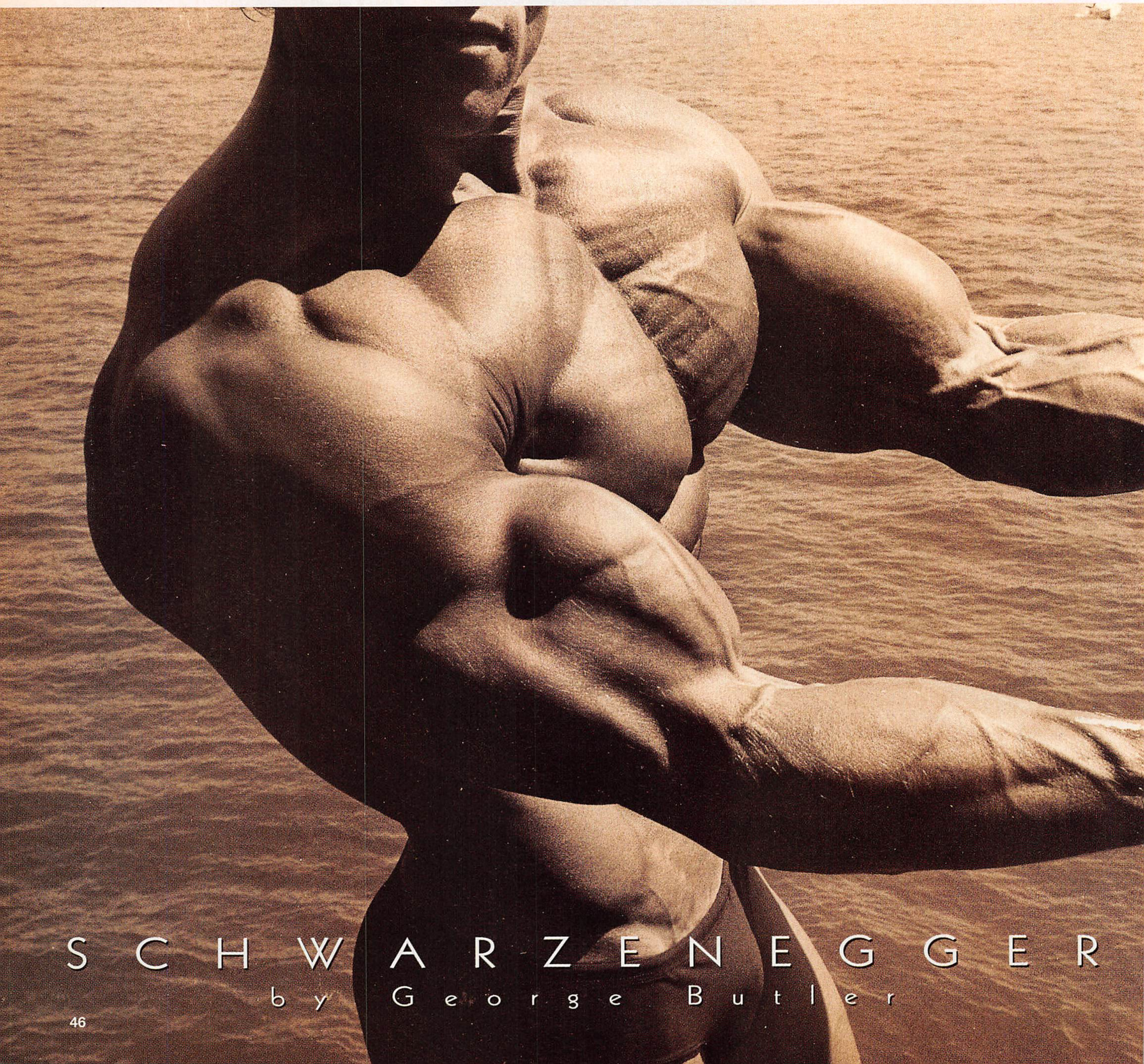
I remember when we arrived at the NBC studios around 4:45 a.m. to do the preinterview with Barbara Walters. Charles and I were dressed in blazers, probably looking a bit preppy, and Barbara came up to us and said, “I love the idea that you’re out doing interesting things, reporting on tawdry subjects like bodybuilding, but I’m really upset that you brought that big lug over there.” She was referring to Arnold – and she was serious!

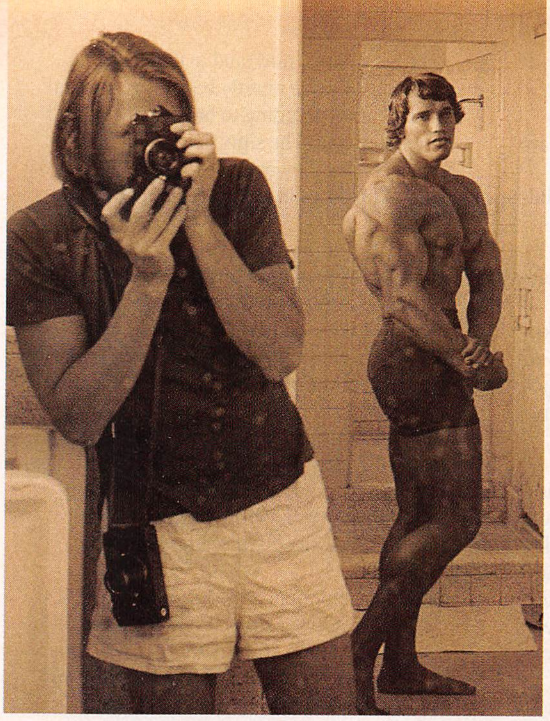
The show opened and Barbara Walters immediately turned to Arnold and went in for the kill. “Do you take steroids?” she asked sharply. “Yes, I do,” Arnold replied. That answer practically knocked Barbara off her chair because she had expected him to lie about it. You could see her doing a triple take on that one. Arnold then went on to say, “I take them under a doctor’s supervision and I don’t think they are that dangerous,” and so on and so forth. The whole future of bodybuilding, I honestly believe, was set in that moment. (Butler wrote extensively about this episode in *Arnold Schwarzenegger: A Portrait.*)

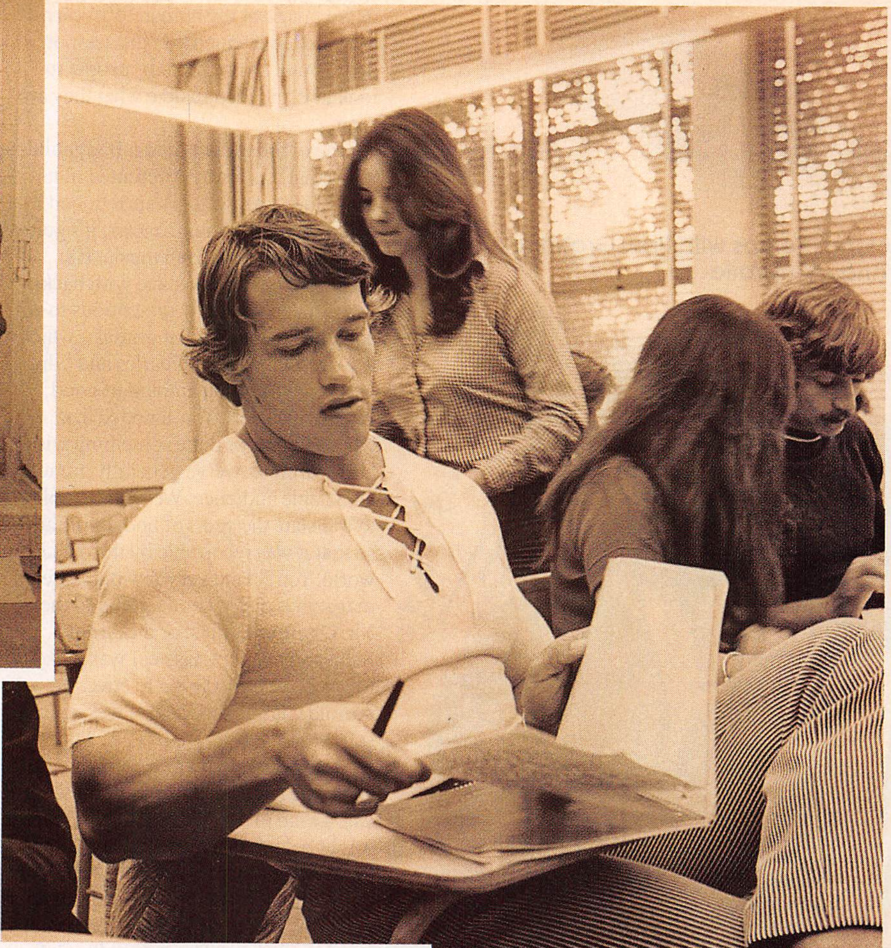
When we were temporarily off the air for a commercial break, Arnold was talking to me. Barbara Walters was on Arnold’s right and as he continued talking, looking away from her, I could see her extend her index finger and touch Arnold’s arm. She expected it to feel like carbon steel, or something like that, and she let out this little squeal and said, “My goodness! It’s soft!” His arm was relaxed, so of course it was soft. From that moment on Arnold charmed the pants off Barbara Walters, and as a result the show was a triumph for bodybuilding. And Arnold did it. Not us. He turned her 180 degrees around.

I think what made it all work was that Charles and I had access to a lot of people and members of the media. I had worked for *Newsweek* and I got them to do a big story on Arnold. One thing led to another, and the three of us were a great, dynamic team. We each brought something to the table. We gave Arnold access to a world that had been previously closed to him, and he performed as brilliantly as anyone possibly could.

On this matter there’s been a difference of opinion between Arnold and me because he likes to think that he landed in America and was an instant star. But that’s just not true. What I’ve always argued with Arnold is that America is the land of Horatio Alger, and if you really want to become mythic, which Arnold is certainly poised to do, you should acknowledge the fact that you struggled and fought to climb the mountain of success. That has been the case with most of Arnold’s







Arnold at night school, Santa Monica.

Arnold was an accomplished soccer player before coming to America.

Bodybuilders always made a fuss about being photographed with harsh, elaborate lighting in expensive studios. Almost all the magazine work that was done on Arnold was abrupt and tasteless. I found that sunlight gave his body a power that the studio photography failed to capture.

great accomplishments. He wasn't born at the top. Success didn't just fall into his lap. He worked incredibly hard to get where he is. I tell Arnold that if people knew he came to America not speaking English, with barely a couple of dollars in his pocket, and the whole thing was a huge struggle – which it was – people would love him for it. If you arrive as the king, the myth has less intrigue. But that's okay...Arnold and I should disagree about a couple of things. I have an enormous regard for him.

**MMI: What was it about your book, *Pumping Iron*, that separated it from other bodybuilding books and enabled it to break the barrier between bodybuilding and mainstream society?**

**GBI:** The way bodybuilding represented itself in those days – and this is still largely true today – was as a glittering primitive sport. It is not polished. If you take even the most sophisticated people to a Mr. Olympia contest, they will find something dazzling about those bodies onstage. There's a power

Checking the abs with Paul Graham in Sydney, Australia.

in the image of the human form carried to its extreme which you just cannot deny. But it's very hard for people to look at it and then realize what they are seeing.

One of the truisms about bodybuilding is that it is always presented in its true-blue tacky way. It's surrounded by bad music – if it's not *Exodus*, it's going to be some horrible rap music. It's presented on a tacky stage with backdrops that are usually pretentious to an audience that is kind of primal – which is okay. I think what Charles and I did was bring a certain amount of good taste to the sport. You'll notice that whenever we've done something with bodybuilding, we've generally attracted an outside audience. We've been able to translate the sport of bodybuilding so that it was receivable by the outside world. You'll find very few mainstream magazines or TV shows going to the Mr. Olympia contest or the Arnold Schwarzenegger Classic. I was lucky to get *Sports Illustrated* to cover the Arnold Classic this year. It was no easy sell.

Back when we started covering the sport, we suggested that bodybuilding was a kind of art. We said that perhaps it might belong in a museum, and after a lot of work we are able to put Arnold in the Whitney Museum. We said this sport is worthy of a book and furthermore it's worthy of a film. The photos I took for the book tend not to be photographs that my great friend Artie Zeller would have taken – all muscle, veins and more often than not grotesque form – but rather graceful images of interesting human beings displayed in a simple, straightforward manner. That's one of the reasons what we did worked. I think that a lot of the early pictures I took of Arnold are icons now, and in the next century – since we're rapidly becoming a visual society – they're going to be the way Arnold is remembered. The significance of those images is that they captured Arnold at the peak of his form in a graceful and artistic way.

**MMI: What inspired you and Gaines to do that – to translate bodybuilding for an audience that wanted nothing to do with bodybuilding, and make it interesting?**

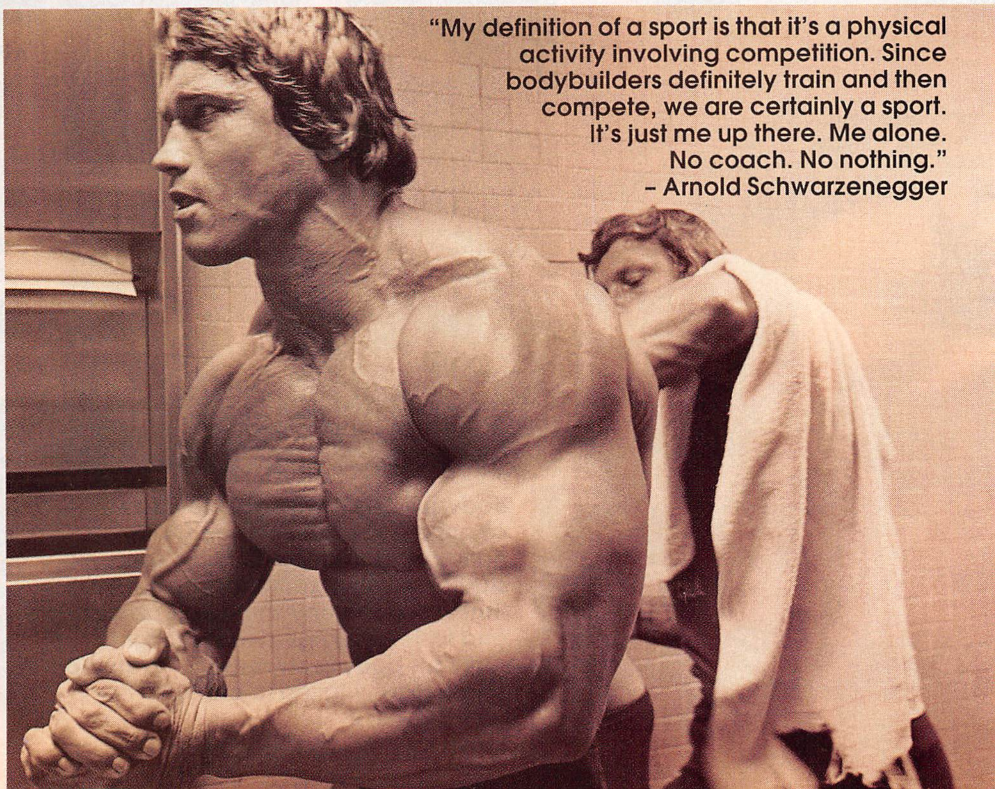
**GB:** (pauses) What did Sir Edmund Hillary say about climbing Mount Everest in 1953? "Because it's there!"

**MMI: C'mon, George. There must be more to it than that. Why would two admitted foreigners to the sport be compelled to legitimize bodybuilding – an activity that was dismissed by most as "fag bait."**

**GB:** The experience worked both ways. It was not a one-way street. We had a wonderful opportunity to do something that no one else was willing to do, and if we deserve any credit at all it's in two areas – first, being brave enough to do it when everyone was laughing at us, and secondly, doing it in a way that it should have been presented, which is, as Charles said in the book, "with a proper sense of wonder."

**MMI: Arnold told me recently that one of his fondest bodybuilding memories was posing at the Whitney Museum in February of 1976 with Frank Zane and Ed Corney as the art historians debated whether or not bodybuilding was a legitimate art form. How were you able to get an institution as distinguished as a museum – the Whitney Museum, no less – to even ponder the notion of bodybuilding as an art?**

**GB:** (laughs) That's a very good question, Ty. You've struck paydirt here. I did it in the following way: First of all, I went to see a woman named Vicki Goldberg. She's now



"My definition of a sport is that it's a physical activity involving competition. Since bodybuilders definitely train and then compete, we are certainly a sport. It's just me up there. Me alone. No coach. No nothing."
– Arnold Schwarzenegger

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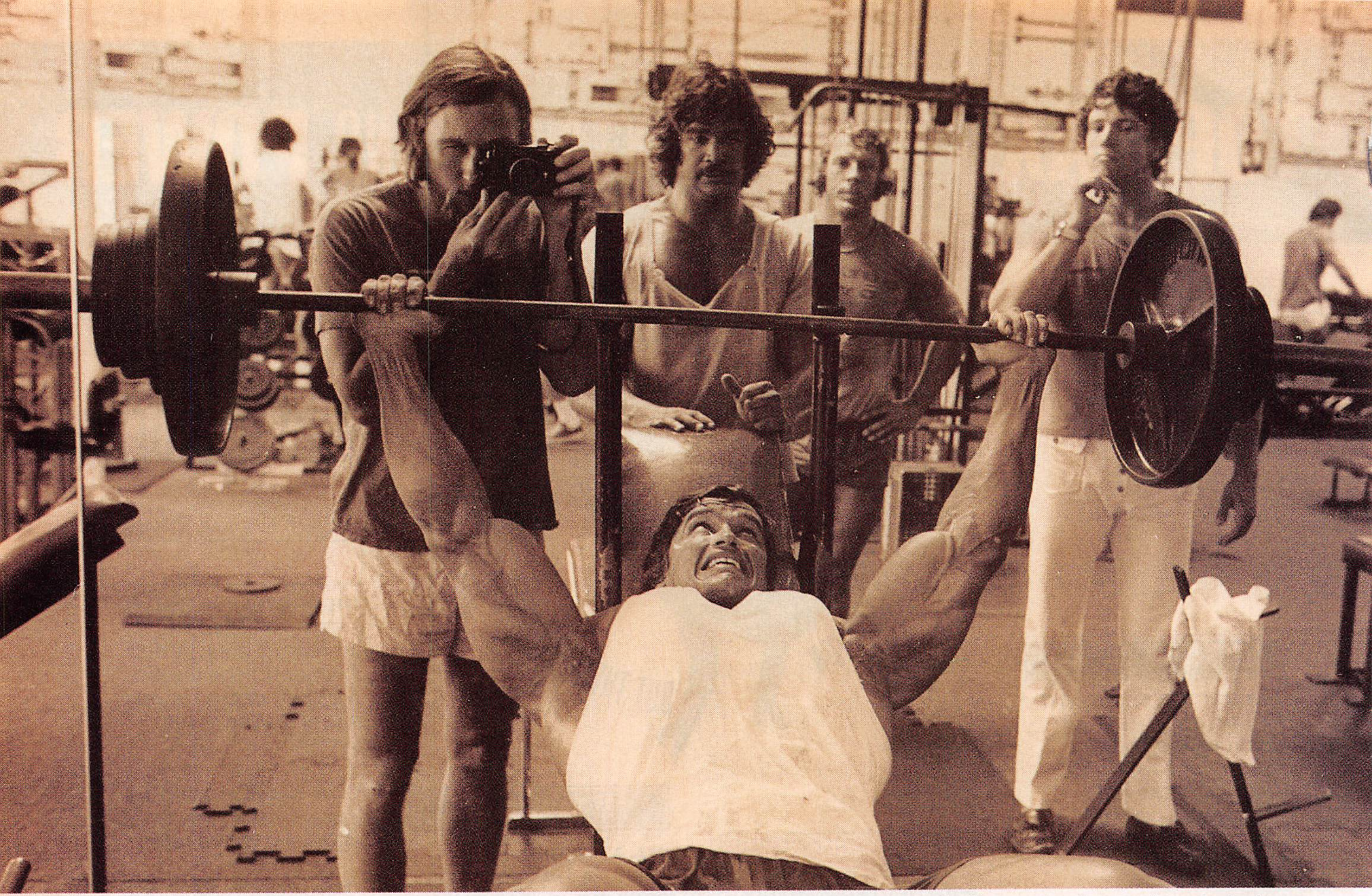

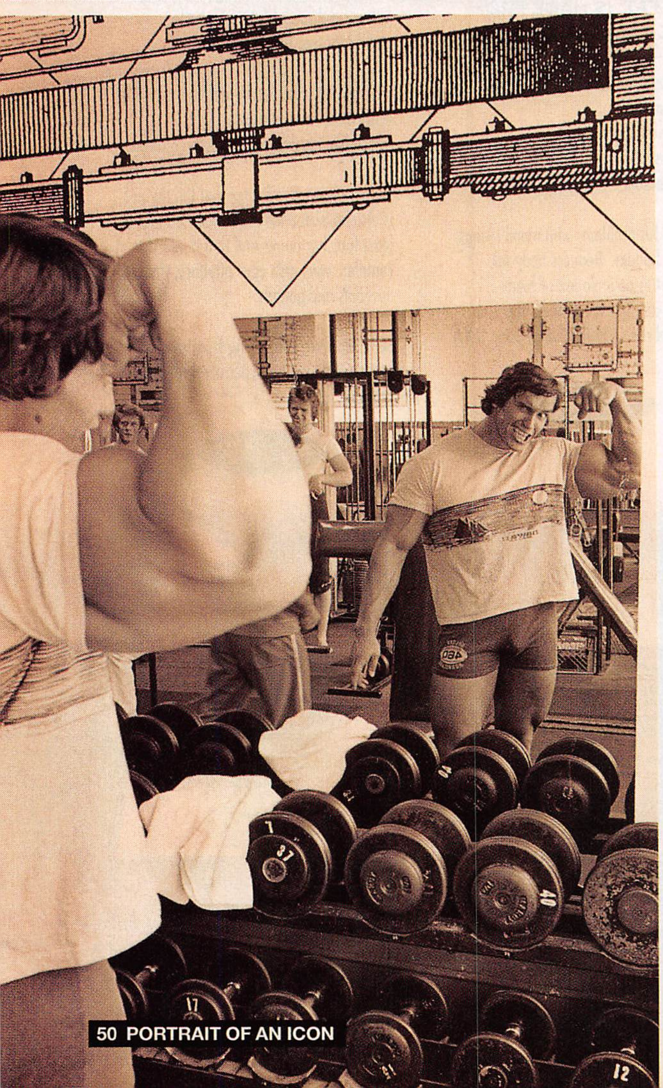

one of the top photography critics for the New York *Times* and a well-recognized scholar. By chance she had reviewed *Pumping Iron* for the Washington *Post*. Hers was the first serious review of the book. As I was impressed by what she wrote, I asked if she would be willing to write an article about bodybuilding for the *Times* magazine. She was intrigued and indeed she followed through in the spring of 1975. It was the first big serious piece done on the sport.

I then explained to Vicki how I had always harbored the idea of trying to stage a serious bodybuilding presentation. I originally thought of doing it at Carnegie Hall, but that is a commercial auditorium and I would have had to sell tickets. Then I thought, 'There are all these museums in New York, so let's do it in a museum!' We tried the Museum of Modern Art, the Whitney and the Guggenheim. A man named Palmer Wald, a curator at the Whitney, was the most interested in the idea. Vicki and I got together with him and concluded that the only way we could get into the Whitney Museum was by doing something fairly serious.

**In the early days, when I photographed Arnold before he had acted in movies, his facial expressions were natural. After he had been to an acting coach, I began to notice that he was thinking about his expressions. The movie *Pumping Iron* was made before that change occurred. I doubt he will ever again have that natural expressiveness that we captured in the film.**

Vicki got the art historians to come, I helped organize the evening, and Charles was on the panel representing the bodybuilders. We got it into the Whitney, and what was interesting was that their curators wanted to set up chairs for around 200 people in the sculpture gallery. I thought that was pretty good as I was predicting a crowd of 300 or so for the event.

On the big night – February 26, 1977 – something like 5,000 people showed up outside the museum in a snowstorm, but they could accommodate only 2,500. The evening was a sensation and, at the same time, chaotic. All of Brooklyn had come to the Whitney. There were gaping spectators who'd never been to a museum in their lives. The art historians had brought their slides and all this seriously scholarly material to the table, but the projectors didn't work and the sound system was fading in and out. There was a certain amount of screaming in keeping with the overall custom of the sport (laughs). I suppose what that evening did was make big drama and, indeed, it got tremendous coverage in the press. We got Candice Bergen to come and photograph it

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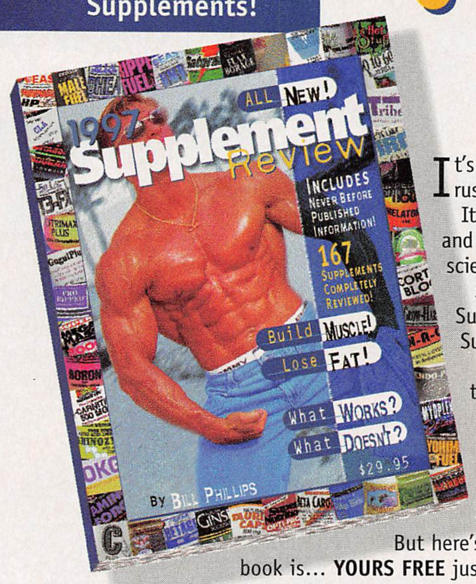

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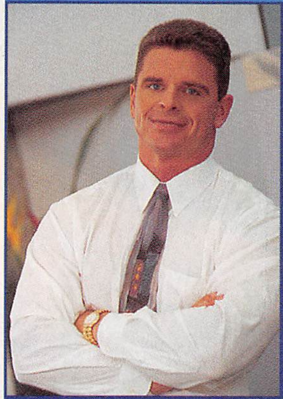

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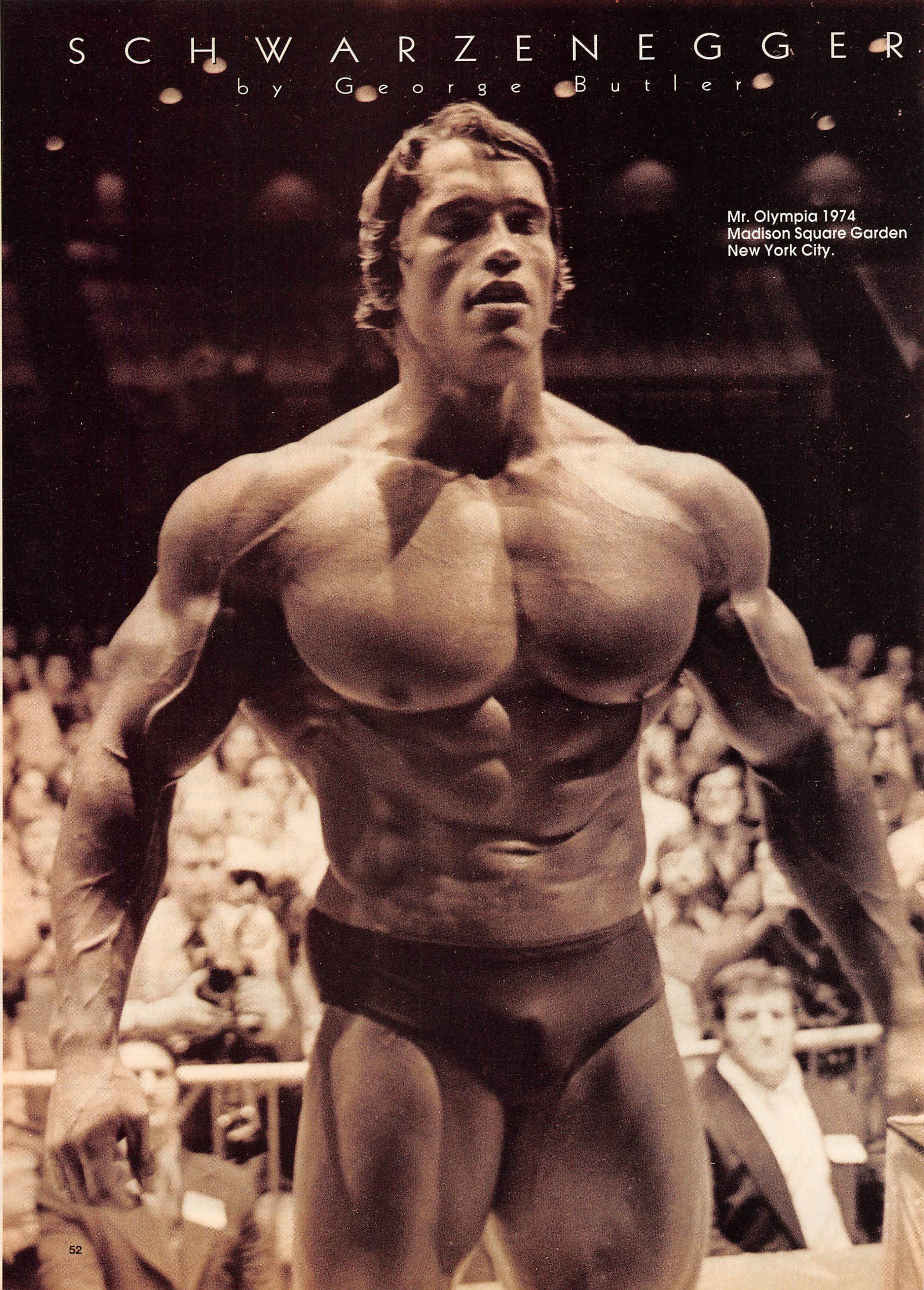
# SCHWARZENEGGER

by George Butler



Mr. Olympia 1974
Madison Square Garden
New York City.

for the *Today* show. As a result, there was a winsome photograph of her at Arnold's feet that became a double-page spread in *People* magazine. A lot of New York's culturati attended the show and recall it, still shaking their heads, to this day. It was one of the major watersheds in the history of the sport.

**MMI: As you've been watching the sport closely since 1972, tell me how bodybuilding has changed in the past 20-odd years.**

**GB:** Going to the Arnold Classic this year was very interesting because I had not sat through an entire bodybuilding show for the past five years or so. It didn't seem all that different from the Brooklyn Academy of Music in 1972. In the old days the Brooklyn Academy had a live organist playing sort-of dancehall music, and at the Arnold Classic they had the world hula-hoop champion and these fat Peruvian strongmen erecting a human pyramid that almost disappeared in the lights above the stage. It was straight out of the old Brooklyn Academy of Music, and it was wonderful because it meant that, in its own way, bodybuilding hasn't really changed. The stage decorations in Columbus were these white plywood things that were supposed to be clouds and they just didn't look like clouds at all. But that was okay, you know – that was just part of the charm that bodybuilding never loses. In a way I suppose it's the vaudeville atmosphere of bodybuilding that makes it so interesting and American. I'd hate to see it become slick and lose its soul.

**George Butler seated between *Pumping Iron* collaborator Charles Gaines and his favorite photography subject, the Austrian Oak.**

**MMI: Has the sport become better or worse in the past two and a half decades?**

**GB:** The only thing that I'm concerned about is the drug issue. The drug-taking has reached the point where it really is becoming dangerous. I've argued that none of the *Pumping Iron* bodybuilders have died or suffered adversely from drugs. The big question is, has bodybuilding reached another frontier in which a 5'9" man who weighs 280 pounds is just going to explode? In light of Andreas Munzer's tragic death I really think it's time for bodybuilding to evaluate the situation and to implement serious drug testing.

**MMI: The bodybuilding world is well aware of your famous Arnold prints that you took from 1972 to 1982. They appeared in *Pumping Iron*, the revised edition of *Pumping Iron*, *Arnold Schwarzenegger: A Portrait*, and have been made even more famous by the very recent pictorials in *Flex*, *Muscle & Fitness*,**

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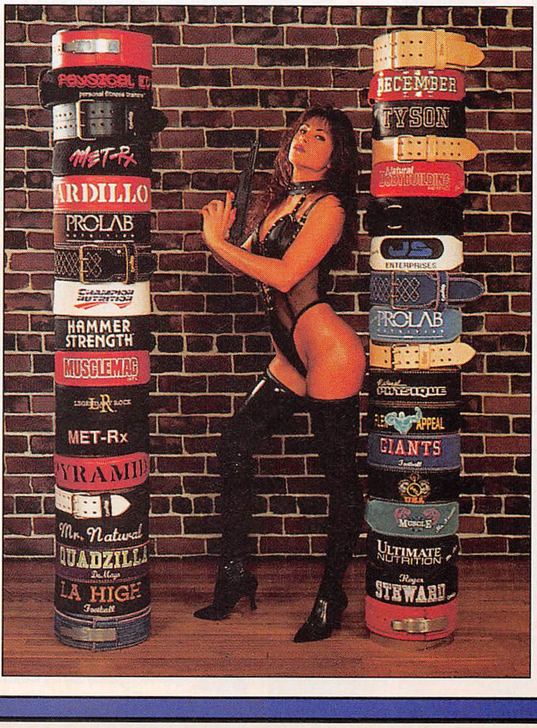

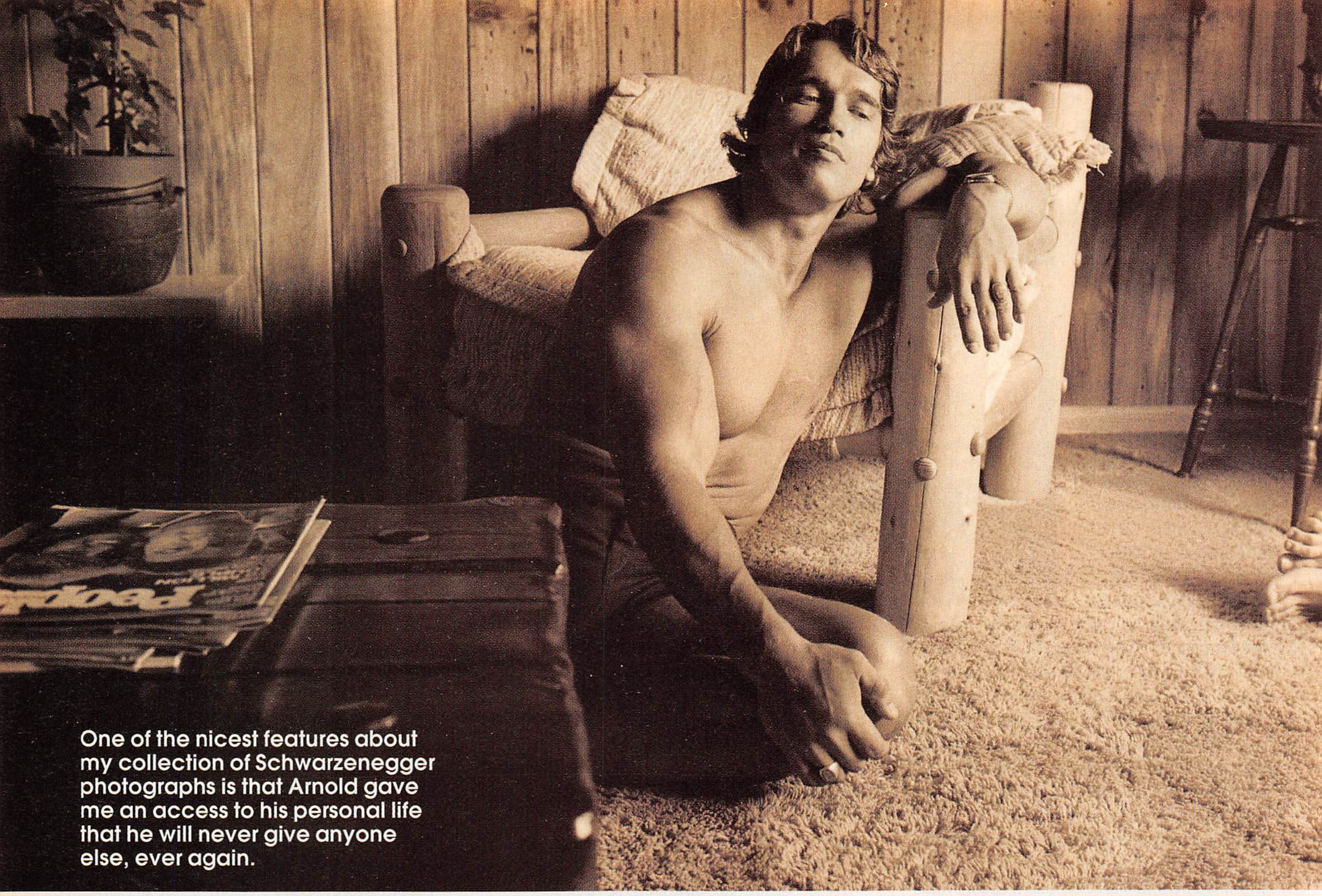

One of the nicest features about my collection of Schwarzenegger photographs is that Arnold gave me an access to his personal life that he will never give anyone else, ever again.

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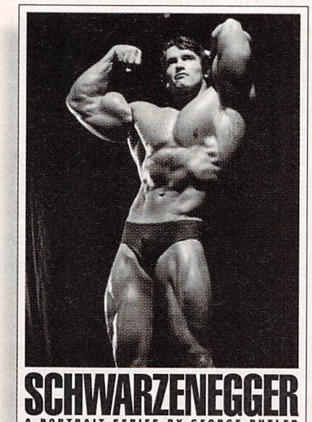
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A PORTRAIT SERIES BY GEORGE BUTLER

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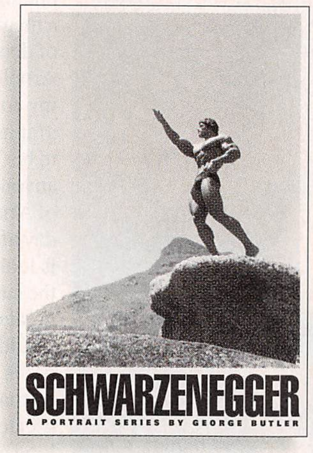
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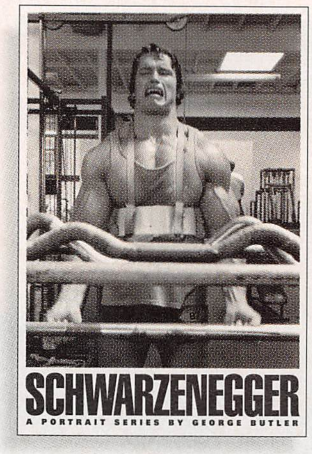
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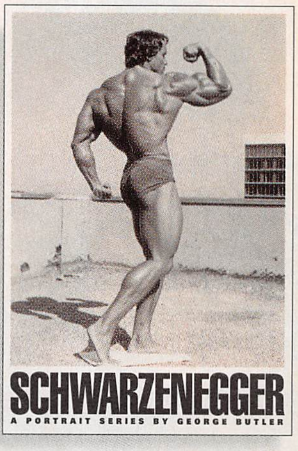
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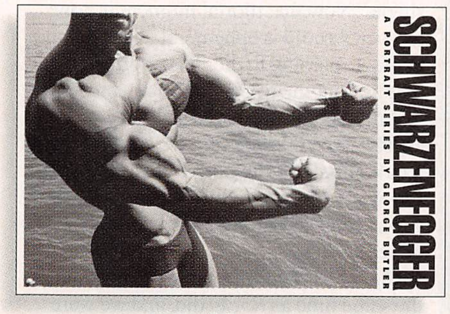
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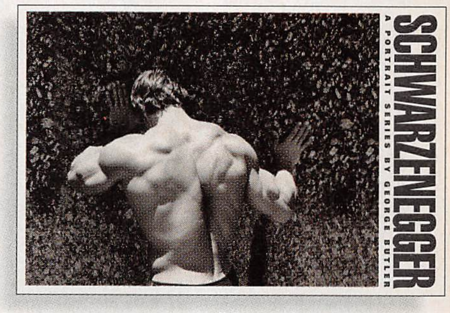
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We are now offering exclusive art-quality lithographic reproductions of world famous Arnold Schwarzenegger photographs by George Butler, director of *Pumping Iron* and *Pumping Iron II.* These photos, which are now being offered as oversized 27" x 37" lithographs, have been exhibited at the *International Center of Photography* in New York City; the *Govinda Gallery* in Washinton, D.C., and the *G. Ray Hawkins Gallery* in Los Angeles. Produced by a recognized printer of high-quality lithographs for leading museums throughout the world, these large prints are suitable for framing or displaying as unframed posters. The Arnold Schwarzenegger Collector's Edition prints are an inspirational necessity for every bodybuilder, sports enthusiast and Schwarzenegger fan.

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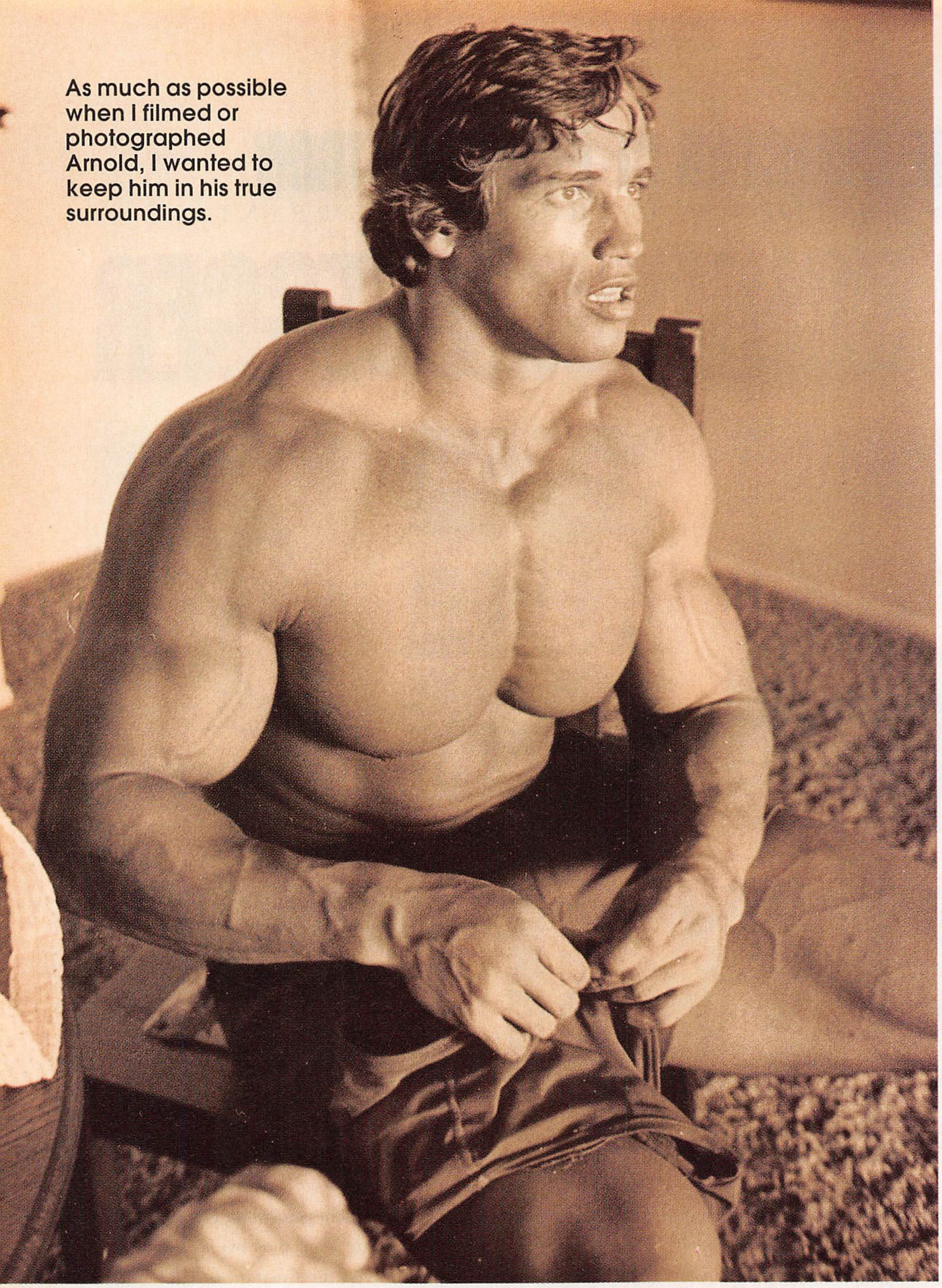
As much as possible when I filmed or photographed Arnold, I wanted to keep him in his true surroundings.

***Muscle Media 2000* and *Muscular Development*. Why are your photographs of Arnold so incredibly popular that you're able to command such high prices?**

**GB:** I would like to believe the photographs are art and will increase in value in years to come. They capture the essence of the greatest bodybuilder of all time in his prime. I think that if Arnold had never become the biggest movie star in history, he would still like to be regarded as the Muhammad Ali of bodybuilding. Although some of my pictures are in museums and are collected by mainstream collectors, like Sam Wagstaff, the main audience for my Arnold photographs is bodybuilding fans. I've always tried to keep the highest possible standard with everything I've done in the sport. When I made the movie *Pumping Iron*, I used the best equipment and the best crews, and we tried to make the best film possible.

I would be the first to admit that I've kept the prices of my prints relatively high *(Editor: Certain life-size prints of Arnold Schwarzenegger by George Butler sell for over $5000!),* but I'm hoping to create a collector's audience for these photographs so that the prices will continue to go up in the future. By limiting the total number of prints that will ever be available to no more than 50 of each edition, and keeping the quality of the work as high as possible by using the best paper, the best printing and the best archival processes, I speculate that collectors will know they're really getting something of value. If one of my 20" x 24" photographs is worth $500 now, it should be worth $1,000 in five years and, therefore, it's an investment. I could make a lot more money in the short run by selling an unlimited number of the prints for $50 each, but then they would always be worth $50 or $100.

**MMI: How would you describe Arnold when you first met him in 1972?**

**GB:** (answering immediately) Brains, ingenious manipulator and fascinating character.

**MMI: When you were shooting Arnold, did you ever foresee how important those photographs would become?**

**GB:** There must have been a reason for me to shoot 6,000 images of Arnold! (laughs) I believe that my collection of Arnold photographs is quite simply one of the best collections of pictures ever taken of a rising superstar. I know of no other photographer who followed the career of a megastar on the way up with the amount of detail that I was privileged to apply to Arnold. One of the nicest features about my collection of Schwarzenegger photographs is that Arnold gave me an access to his personal life that he will never give anyone else, ever again. There's a picture of Arnold on a rock in Sydney Harbor the day after the 1980 Mr. Olympia. A woman is looking up at him, shading her eyes from the sun. The caption reads, "The world's greatest bodybuilder on the last day he would be in the most perfect shape of his life is standing on a rock. Little does the woman beneath him know that the world's greatest bodybuilder will never be in this kind of shape again. This was maybe the last photograph of Arnold taken in perfect shape." Now that mortal moment is gone forever. Arnold is ephemeral – he's going to die. I'm going to die. That woman in the picture is going to die. But in my picture that moment is preserved forever.

**MMI: We all know that *Pumping Iron* is a cult classic in the bodybuilding world, but what was the public's reaction when it was released in 1977? Was it a box-office success?**

**GB:** It was. The film came out at about the same time as *Rocky* did, and we were always second to *Rocky* at the box office, which was terrific. The problem we had was that *Pumping Iron* was a documentary film, and influential as they may be, documentaries never generate the sales that typical movies do. I make the claim, however, that *Pumping Iron* probably caused more cash flow than any other movie in history. What do I mean? Well, a film like *Star Wars*, for example, may have made $500 million at the box office and another $1 billion in products and toys, etc. So let's say *Star Wars* caused $5 billion in cash flow. *Pumping Iron*, a much more modest movie that cost only $400,000 to make, precipitated a genuine cultural revolution. If you accept that as a premise, then *Pumping Iron* probably created more than $50 billion in cash flow at the end of the day because 50,000 to 100,000 gyms opened up around the world largely as a result of the film. The number of bodybuilders and bodyshapers in America went from 50,000 to 50 million, and almost all professional bodybuilders today attribute their initial interest in the sport to seeing *Pumping Iron*.

**MMI: *Pumping Iron* was obviously a very in-depth and comprehensive documentary, but how do you account for the fact that it is just as popular, if not more so, today?**

**GB:** Very simple. It's unique – a very good and charming movie, and, of course, it also has the one and only Arnold.

**MMI: Did you know when you were making the film that it was going to be the greatest bodybuilding movie ever?**

**GB:** (pauses) Well, we were sure trying like hell. No one else has ever done anything that even approaches what we did with *Pumping Iron*. It's truly one of a kind and just a very, very good movie. It was well made, it was well edited, and bear in mind that even though Arnold is the star, the first half of the film is about Mike Katz! Normally when you make a movie that launches a star like Arnold, he's the only attraction on the screen, but we didn't do that. *Pumping Iron* is a movie about Mike Katz, Louie Ferrigno, Lou Ferrigno's dad, Franco Columbu, Ken Waller, Serge Nubret Robby Robinson, Eddie Giuliani and so on and so on. It's a movie with a lot of elements – not just about Arnold. Arnold wasn't even on the poster for the film. That honor went to Ed Corney because we specifically didn't want this to be a movie that was perceived as a launching pad for Arnold. We wanted to make a good movie that Arnold was in. He, of course, was so good in it that all the rest followed. **AS**

---

*George Butler is currently living on a farm in New Hampshire with his two sons.*

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- *Arnold Schwarzenegger: A Portrait*
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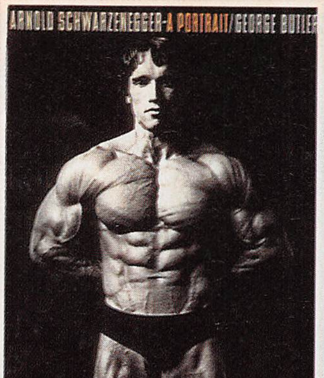
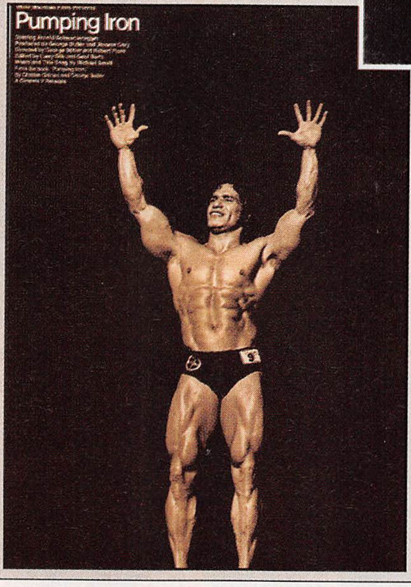
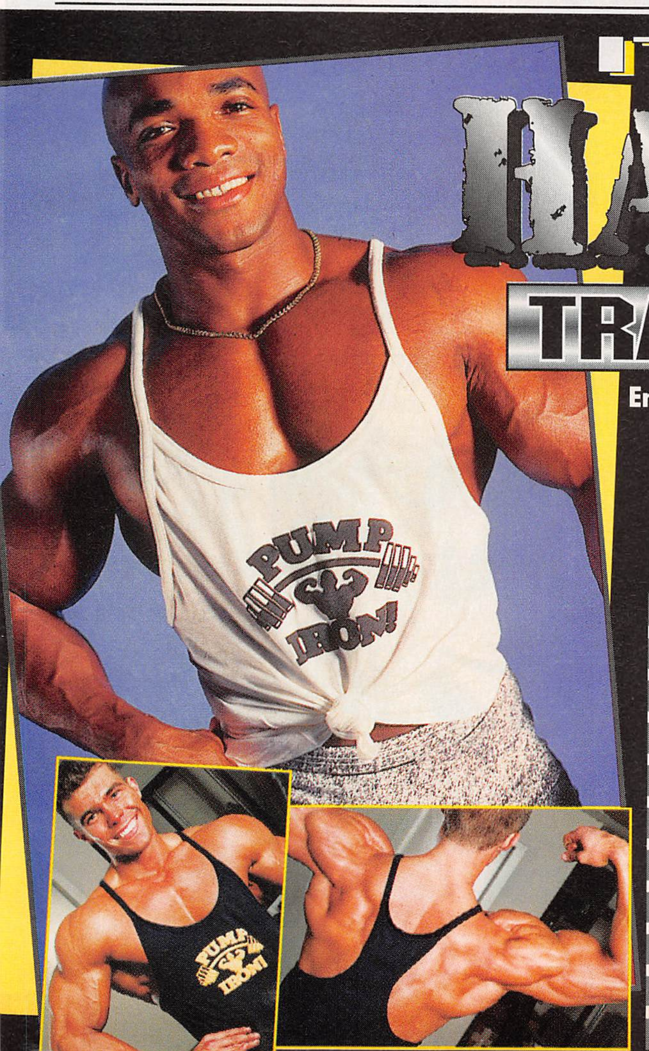




*These photographs were contributed by George Butler. His photographs, some of which appear in this article, are in the permanent collection of the Bibliothèque Nationale in Paris and have been exhibited at the International Center of Photography in New York as well as The Govinda Gallery in Washington, DC and the G. Ray Hawkins Gallery in Los Angeles. They have also been auctioned at Sotheby's auction house in New York and London. George Butler is now offering limited-edition prints for collectors. These prints are exhibition quality, black and white photographs on double-weight archival paper. Each photograph is signed and limited to no more than 50 numbered prints. Prints start at $50.00.*

***If you are interested in purchasing original photographs of Arnold Schwarzenegger from George Butler, please contact him at P.O. Box 61, Holderness, NH 03245 or phone 800-410-3373, fax 603-968-3617. George Butler can also be reached c/o White Mountain Films at 165 East 80th Street, New York, NY 10021, phone 212-249-6508.***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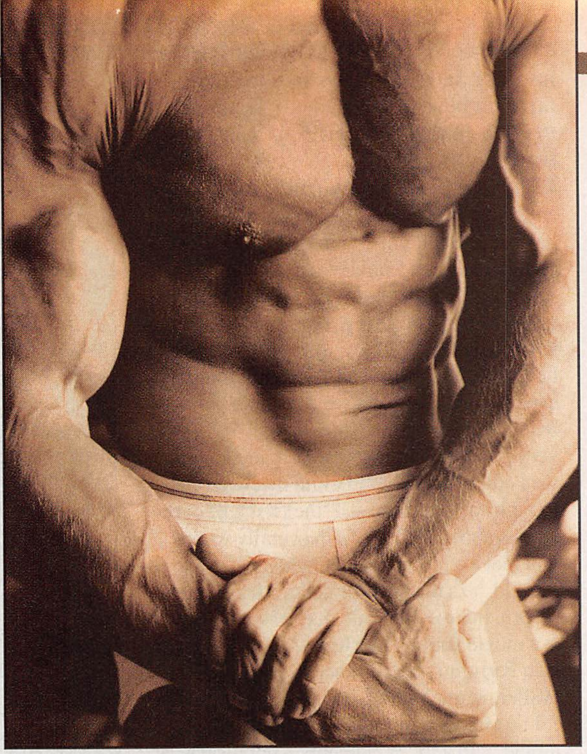

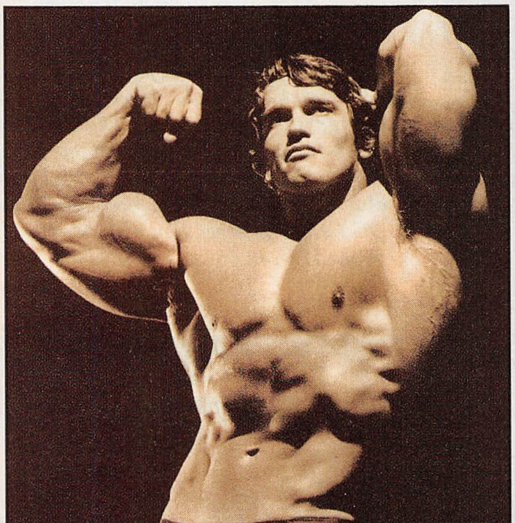

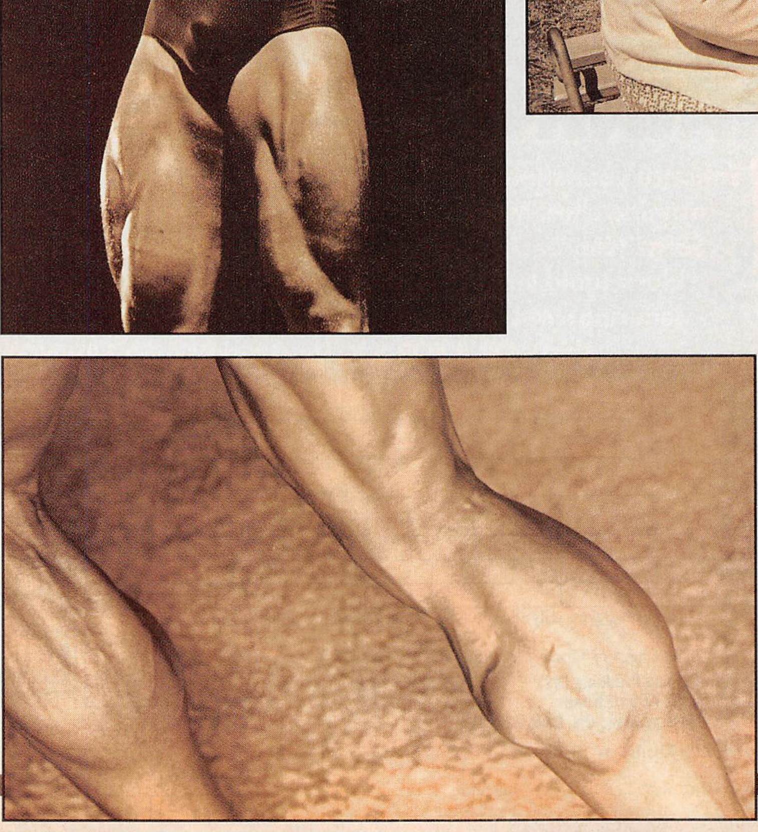

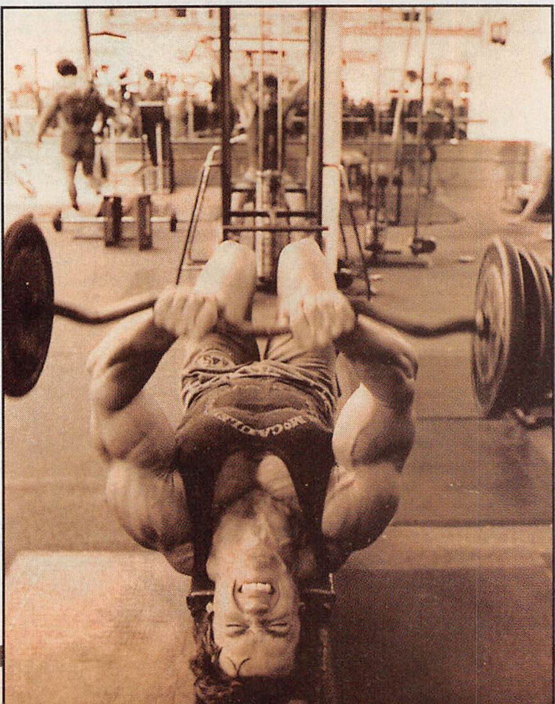

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Co-Author of *Pumping Iron –*
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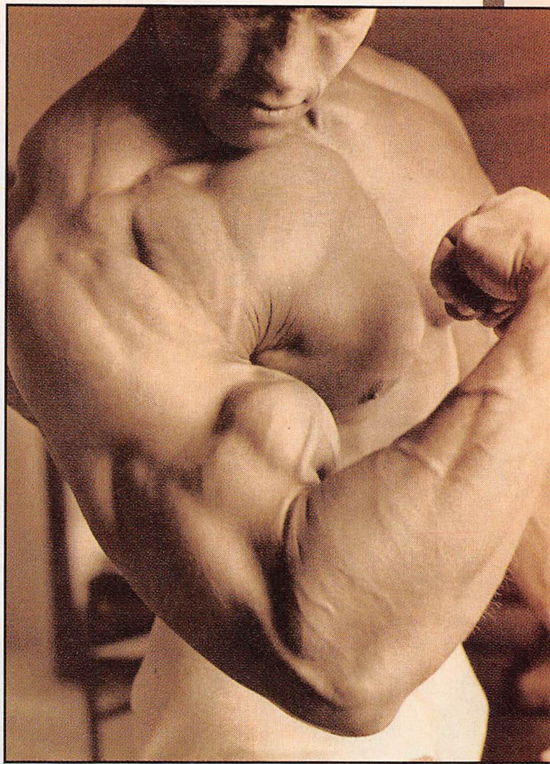

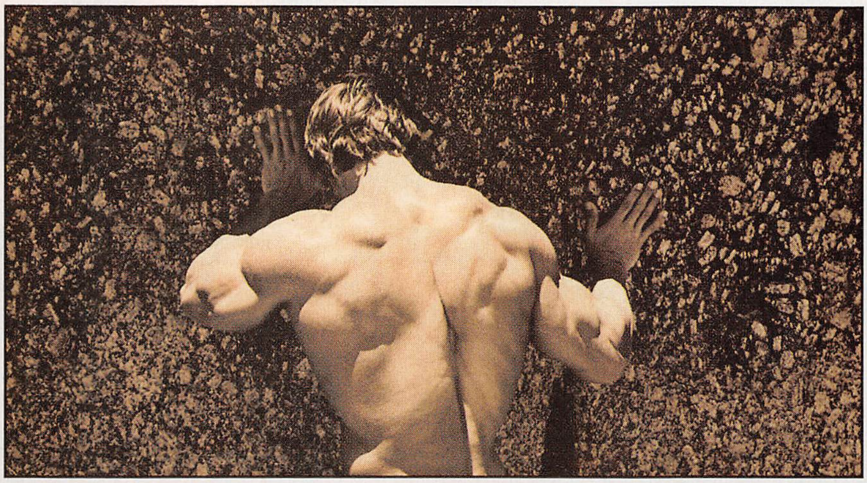

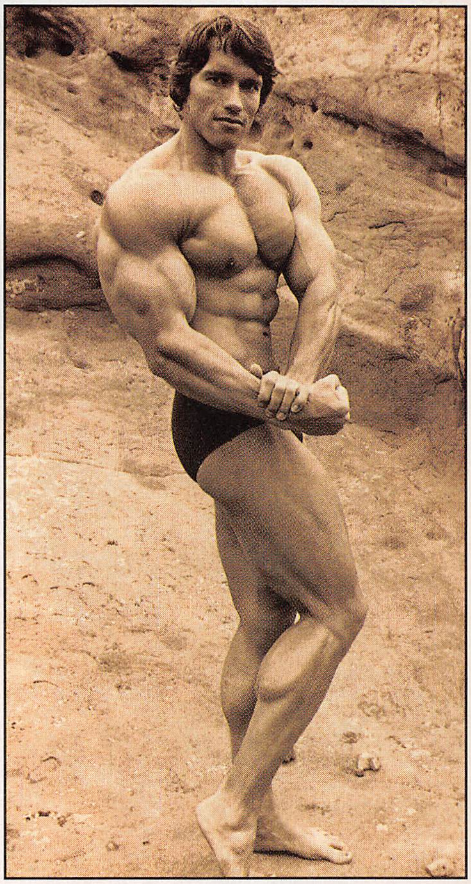

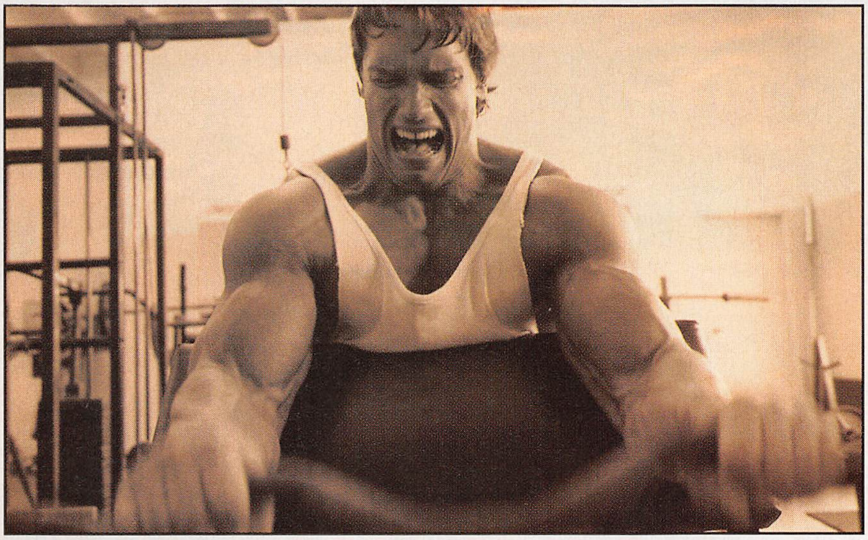

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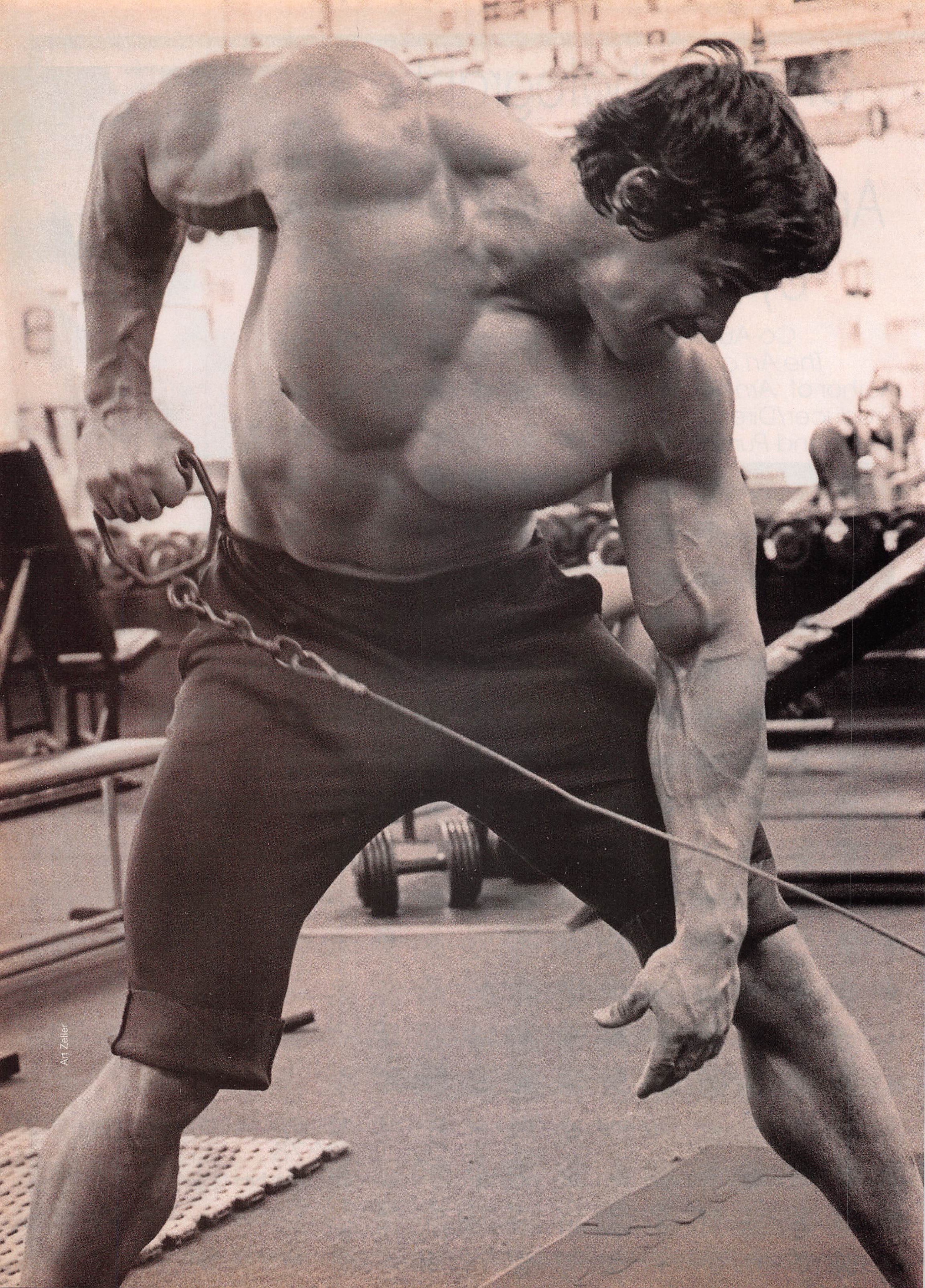
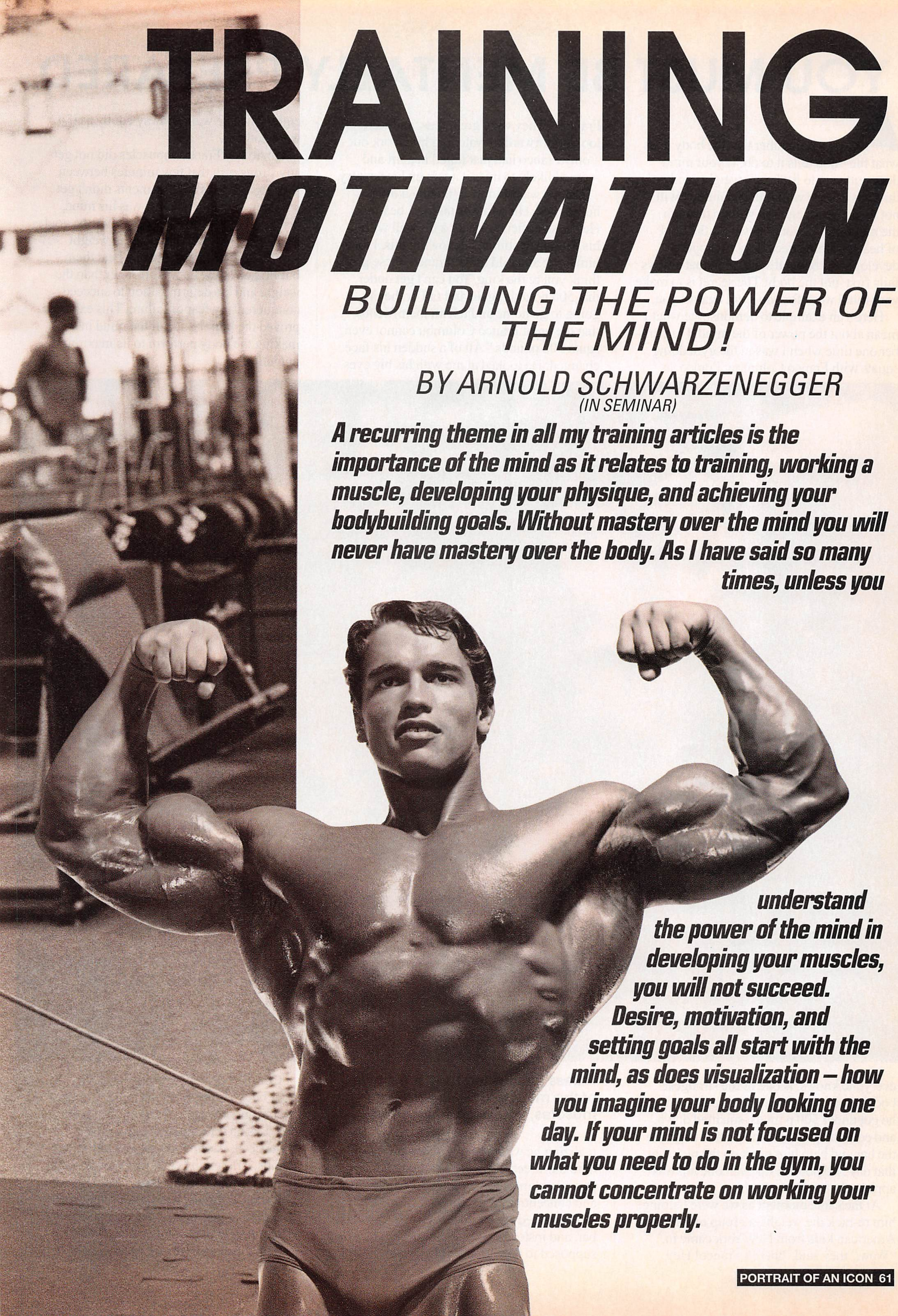


Art Zeller

# TRAINING *MOTIVATION*

## *BUILDING THE POWER OF THE MIND!*

### *BY ARNOLD SCHWARZENEGGER*
*(IN SEMINAR)*



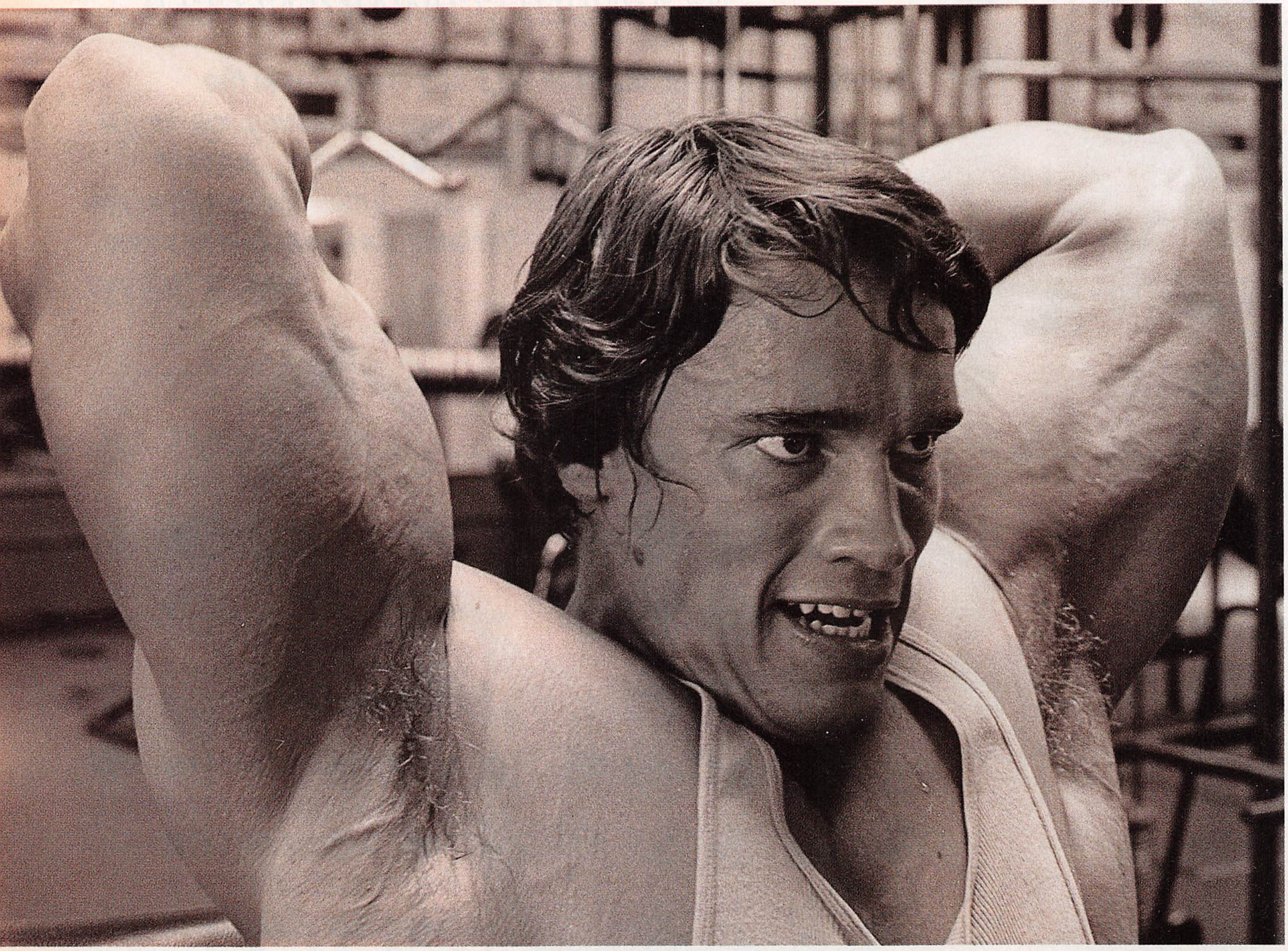
***A recurring theme in all my training articles is the importance of the mind as it relates to training, working a muscle, developing your physique, and achieving your bodybuilding goals. Without mastery over the mind you will never have mastery over the body. As I have said so many times, unless you understand the power of the mind in developing your muscles, you will not succeed. Desire, motivation, and setting goals all start with the mind, as does visualization – how you imagine your body looking one day. If your mind is not focused on what you need to do in the gym, you cannot concentrate on working your muscles properly.***

# YOU MUST BE MENTALLY PREPARED

Always remember that the body does what the mind tells it to do. If your mind does not want to lift heavy weights and go through intense workouts, your body will not do it effectively. You will go through the motions, but you'll never do the kind of heavy training necessary to properly develop your body. It's the mind that always fails first, not the body. The secret is to make your mind work for you – not against you.

Here's an example to demonstrate what I mean about the power of the mind. I remember one time when I was in the gym doing squats with Franco Columbu. Franco, as everyone knows, is one of the strongest bodybuilders of all time. This particular day he got under 500 pounds, squatted down, and couldn't get back up. We had to grab the bar and help him put it on the rack. On that day 500 pounds for even one rep was apparently too heavy for him.

At the same moment as we were helping him re-rack the weight, a group of Italian-American kids from New York came in. "Wow," they said, "there's Franco! Hey, Franco!" They were great fans, and were looking forward to watching him work out – only Franco had just failed in a lift and seemed likely to miss it again on his next try.



Art Zeller

Franco was obviously feeling a little humiliated. His ego was taking a beating. He doesn't often fail with a lift well within his lifting capabilities. Knowing this, I took him aside and told him, "Franco, these guys think you're the king. You can't get under that 500 pounds again and fail or they're going to go home and tell all their friends that the great Franco Columbu cannot even squat 500 pounds." All of a sudden his face changed. He looked at me with his big eyes, realizing he was on the spot. He went out onto the street and spent a little while psyching himself up, taking deep breaths and concentrating on the lift.

He stalked back into the gym, grabbed the bar, and instead of doing the six reps he was supposed to do with the 500 pounds, he did eight! Then he walked away coolly as if it were nothing.

**Unless you understand the power of the mind in developing your muscles, you will not succeed.**

Obviously Franco's muscles did not get any stronger in that few minutes between sets. His tendons and ligaments didn't get stronger. What did change was his mind, drive and motivation, his desire for the goal. Some people would have let the weight – or the fear of failing again – beat them, but Franco knew he was stronger than the weight and his determination to succeed conquered any fear of failure. This example proved the importance of the mind in making the body perform to its maximum potential.

Confidence in your ability to develop your body comes from the mind. Concentration and intensity also come from the mind, as do training desire and motivation to succeed. Passion, desire and unlimited enthusiasm for any endeavor start with the mind. Whether it's building a Mr. Olympia physique, climbing a mountain, succeeding in business, getting an educational degree, or learning to play a musical instrument, everything starts with the mind. You have to

# FOR INTENSE TRAINING.

want to do it first in your mind and believe you can do it in your heart.

You must have a very positive attitude about your training, about having goals and being excited and enthusiastic about reaching those goals. Without a goal to shoot for, you are training for no reason at all, so you're wasting your time. Without a goal your mind cannot get excited and won't be totally involved in the effort you put forth. Your training becomes a half-assed affair, so you will not exert yourself to the extent necessary for success in bodybuilding.

You must be mentally prepared for intense training. You must be mentally primed to go through the pain. You must be mentally ready to get under heavy weights in the squat and bench press and have no fear of being buried by the weight. You must have total confidence in your strength to lift the weight no matter how heavy it is. There is no place for fear in the gym. If you are afraid of a heavy weight, you will not lift it. If you are afraid of the pain and exhaustion you must go through to do heavy, intense sets of squats, deadlifts, T-bar and bent-over rows – exercises that can really push your body to the limit and make you feel nauseated – you will not train as hard as you could. Fear of pain and feeling sick will stop you. As I said in the movie *Pumping Iron,* "If you can go through this pain each set, you may get to be a champion. If you cannot go through this pain, you'll never become a champ."

Probably the biggest difference between the champions I've known over the years and the guys who always stay at a beginner's level is their ability to concentrate, to push themselves hard each set, and to train without fear. Sure, the champs probably do have more physical talent than the average person, but I have known many bodybuilders with great genetics who never won competitions because of the weakness of their minds, their inability to concentrate properly, or their lack of confidence in their ability to reach their goals. On the other hand, I have known people with less than ideal genetic ability who went on to win major titles through sheer desire, determination and perseverance.

Champions train with an extra intensity and seriousness that the average bodybuilder lacks. They may crack a joke or make small talk between sets, but when they start the next set they put 100 percent concentration and intensity into it. A bomb could go off during a set and they probably would not hear it because they are concentrating so deeply. Their mind is deep within the muscle, not wandering off thinking about jobs they have to do later in the day or problems at home or work. Champs are able to concentrate totally rep by rep, set by set, and workout by workout. They do not let their minds be distracted by what's going on around them. They can shut everything out but the weight and the exercise they are doing.

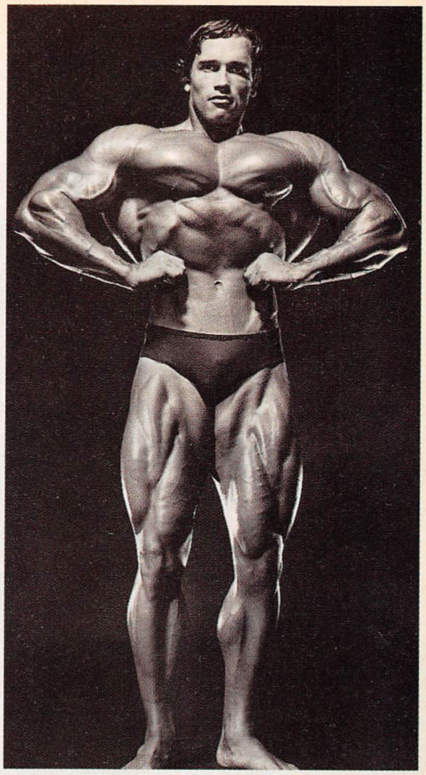
Another common characteristic of champions is a total confidence in their God-given ability to build muscle and to succeed. They have positive attitudes and absolutely believe in themselves. They can shut out negative thoughts and focus completely on achieving their goals. They believe in their ability to become champions – no matter how many times they fail or how many years the quest takes.

I remember there used to be a big guy at Gold's back in the late '60s and early '70s who never missed a workout. He was very strong, pushed his body hard, and had a good physique. One day we were talking and I said: "Why don't you train for the Mr. Universe contest? You have a good physique. Go for it."

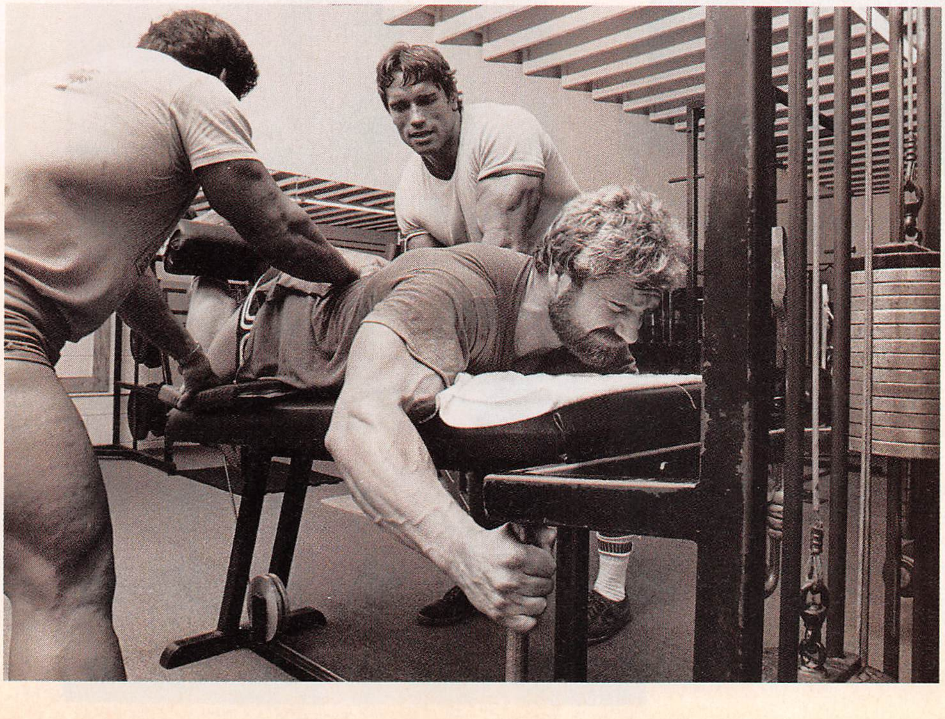
"Naw," he said modestly, "I could never do that. I'm not good enough to do that."

I immediately knew he would never amount to much with that attitude. It was too negative. He could not picture in his mind becoming Mr. Universe, so such an accomplishment was impossible for him. He was right – he "could never do that." And he never did.

Yet I saw many bodybuilders come and go who didn't have half this guy's physical talent, but who had a much more positive attitude, who went on to win big shows, including the Mr. Universe and Mr. Olympia. They believed in themselves and never gave up on themselves. Franco and Frank Zane are two men who probably didn't appear to have much genetic ability when they began training, yet both went on to win Mr. Universe and Mr. Olympia titles. They were told hundreds of times over the years, "Forget it… you'll never win the Mr. Olympia title… you don't have the genetic ability… you're not big enough… you don't have the size… you're not freaky enough… you don't have the whatever." That skepticism didn't affect them. It did not dissuade



**Confidence in the ability to develop your body comes from your mind.**

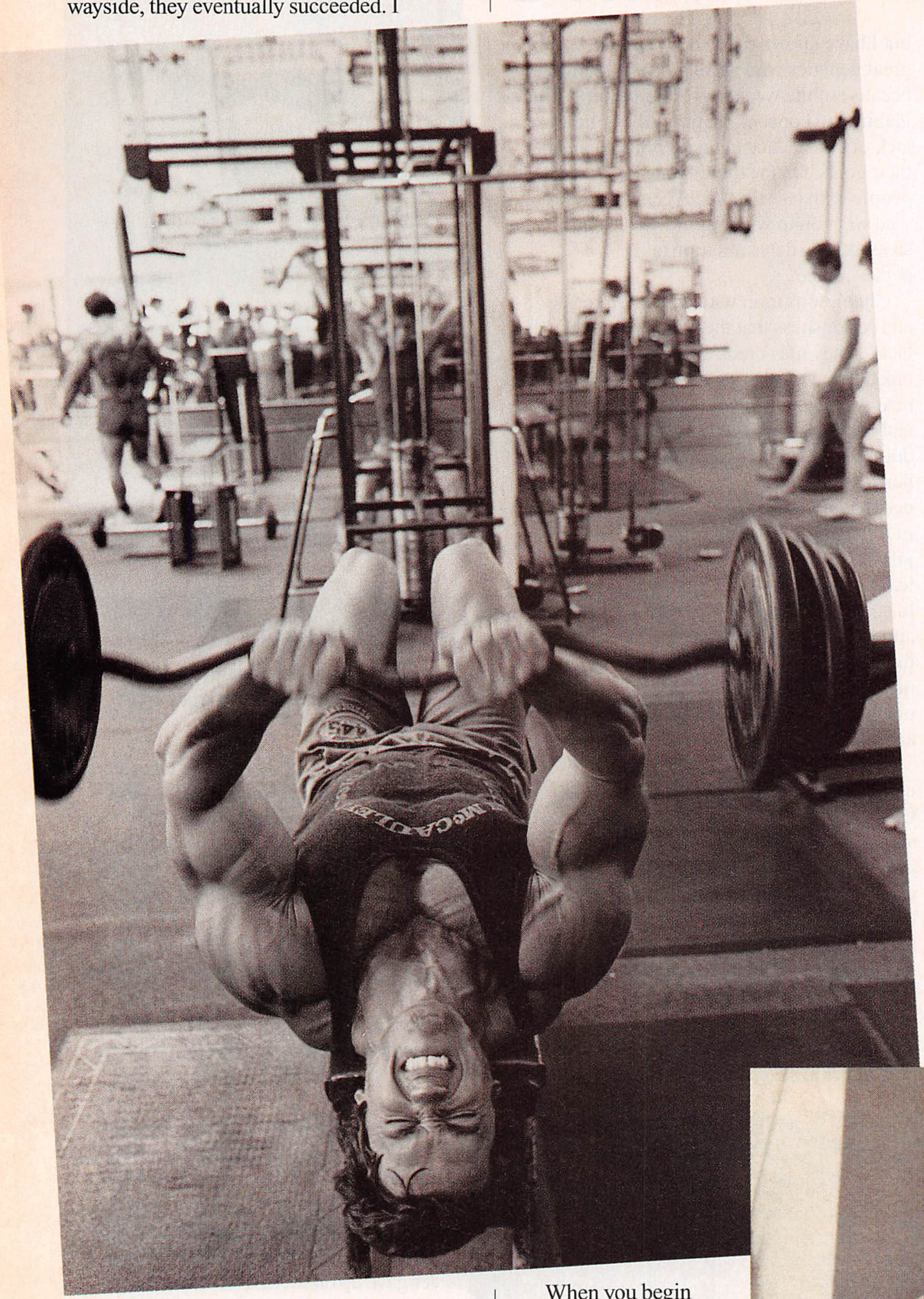


Hinz

**You have to want results. Evaluate your training progress regularly and make the necessary changes to keep the improvements coming. Here Franco Columbu and I spot Jusup Wilcosz while he does leg curls in 1980.**

them from continuing the pursuit of their dreams. Whereas hundreds and thousands of genetically superior athletes fell by the wayside, they eventually succeeded. I guess they just wanted success more than most of the others.

The great feature about bodybuilding is that it deals with the realm of the possible. You can literally transform your body. If you have a poor self-image and do not like your body, you can do something about it. You can actually sit down and paint a picture in your mind of how you want to look one day and then train and diet to achieve that very picture. It's not just wishful thinking. You can really do it. I did it, and so have millions of other people transformed themselves physically. Isn't that great!



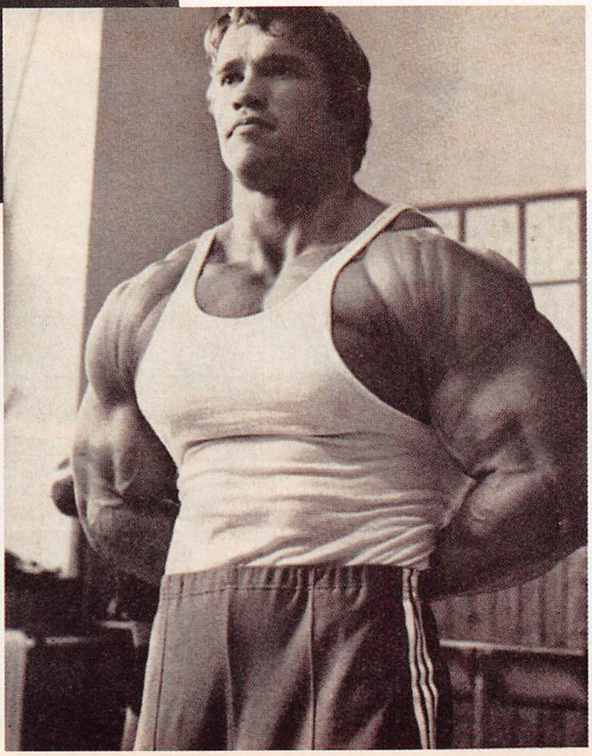
**The body does what the mind tells it to do. If your mind does not want to lift heavy weights and go through intense workouts, your body will not do it effectively.**

When you begin training you must ask yourself why you are in the gym. What are you trying to achieve? Do you want to be the best bodybuilder you can be or are you just trying to "get in shape"? You have to set goals and then plan how you are going to achieve those goals. What kind of training will be needed? What are the best exercises to use to train each bodypart? How many sets will you require per bodypart? How many workouts a week should you do? What kind of food should you eat and how much? What supplements will best help you achieve those goals faster and how much can you afford?

Do you see what I mean? You cannot just go to the gym without a plan. Training without goals is meaningless because you have nothing to aim for, nothing to strive for, and no sense of purpose. How can you have passion and enthusiasm in your training without motivation to improve? Why would you work as hard as you can if you're not trying to achieve anything?

It's not enough to go to the gym and say, "Someday I want to be a pro bodybuilder" or "Someday I want to look like Arnold." That's too vague. It's too far down the road, too much in the future. That's a long-term goal. You need small, daily goals to give your workouts meaning and intensity. For instance, if you did 10 chins the last back workout, you know you need to try for 11 the next time you train… and 12 the time after that. If you did bench presses with 200 pounds for 10 reps last chest workout, the next chest workout try 205 pounds and see how many reps you can get. Keep working until you can do 205 pounds for 10 reps – and then add more weight to the bar again. Trying to beat what you did in your previous workout gives each session special meaning. That's what bodybuilding is all about. Training progressively – always adding weight to the bar or doing more reps with the same weight, or both – is the only way to keep making improvements. If you do not train progressively, you are just spinning your wheels.

**You must always strive to improve yourself mentally, physically and intellectually. You must always grow.**



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You know that when you see a person at the gym who always does the same sets and reps, who always uses the same weights and does the same exercises, and who never improves, you are looking at a person who has forgotten the importance of setting small daily goals and working like crazy to achieve them. In business thy say, "Take care of the pennies and the dollars will take care of themselves." In bodybuilding if you take care of the improvements you need to make every day the long-term goals will take care of themselves. Make sure you train hard and progressively, always adding weight and doing more sets and reps whenever possible. Eat the right foods, take take supplements and get proper nutrition. get enough sleep and rest for proper recovery and recuperation. Maintain a positive attitude, and the long-term goals will take care of themselves. Before you change your body physically, however, you must be able to see in your mind's eye how it will look after months and years of training. We call this process visualization. I used to visualize myself becoming more and more like Reg Park, my bodybuilding idol, when I started training. Although I was tall and skinny without any muscle mass or size (while Reg was massive beyond belief), I believed that one day I would be huge like Reg too. I could imagine it happening every time I trained at the gym and every night in bed, just before I fell asleep. The more I focused on this image and worked and grew, the more I saw the real possibility of being like him. I am convinced that you become what you think about most. Dwell on negative thoughts and you fail. Dwell on positive thoughts and you succeed.

**Your competition is yourself, not other people. You must constantly better yourself.**

I never set limits or created mental barriers. You may have read that I imagined my biceps as big as mountain peaks when I did my curling exercises. This visualization process was essential if I was to gain the kind of mass and size I needed to win the Mr. Olympia contest against monsters like Sergio Oliva and Lou Ferrigno. I am positive that, had I believed there were actual physical limits to the potential size of my arms, they would never have gotten as big and muscular as they ultimately did. Some people make remarks such as "I would like to have 20-inch arms someday," and then in the same breath add, "but I could never do that." Forget it. They never will have 20-inch arms with that attitude. They have already defeated themselves by mentally setting limits.

Every record at the summer or winter Olympic Games or the World Championships in track and field (any kind of running, jumping, walking, throwing), or any sport you can name, stands because of a mental barrier. Some experts decided, for example, that man could not run faster than a four-minute mile, or clean and jerk 500 pounds, or build muscular arms over 20 inches, and so for a long time those barriers were impossible to break because athletes believed such negative talk was true.

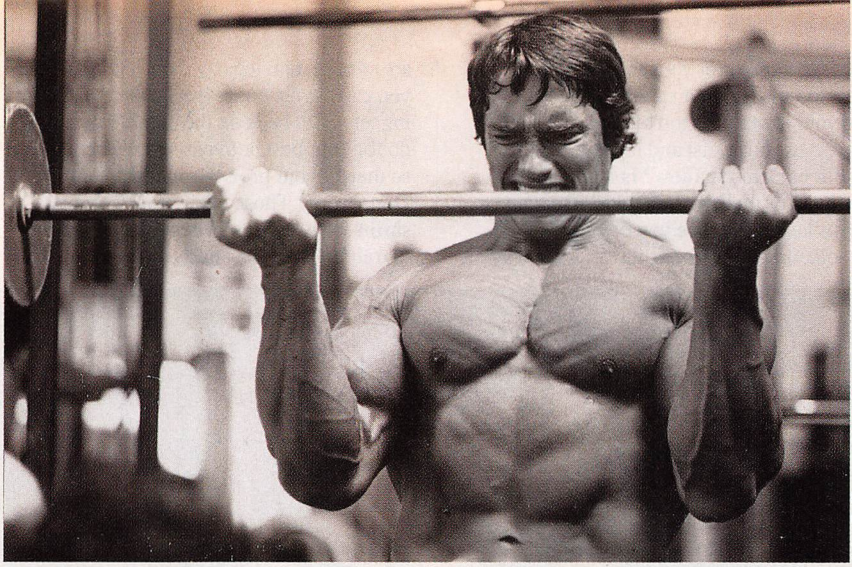
Take the four-minute mile. For years the record stood at 4:01, but runners could not break the four-minute barrier. Then

**To be a successful bodybuilder you have to want to do it first in your mind and believe you can do it in your heart.**

Roger Bannister ran a 3:59.4 mile at a 1954 university track meet in Oxford, England. To prove the barrier really was a mental one, and not a physical limitation, within a few weeks of Bannister's first sub-four-minute mile several other runners quickly broke it too. Now the barrier is a sub-3:40 mile. Once a champion miler comes along who realizes that that barrier exists only in the mind, it too will be easily smashed.

The same phenomenon occurred in weightlifting. The experts said it was impossible for a man to clean and jerk more than 500 pounds. Several lifters came close. In fact, at one time the record was 499.75 pounds, less than half a pound under the magic 500-plus barrier. Then Vasily Alexeev of the former Soviet Union lifted 501 pounds at the 1970 World Weightlifting Championships in Columbus, Ohio. Within one week both Serge Redding of Belgium and Ken Patera of the USA also lifted more than 500 pounds. Why? Because once Alexeev had eliminated the mental 500-pound barrier, they knew it was physically possible for them to lift that much weight too – and so they did.

Another aspect of the mind is constantly evaluating how you are responding to your workouts. If you are not getting the results you want from one exercise, you should try another. If you are not growing from low reps, you should try higher reps. If you are doing high reps and not getting results, you should increase the weight and do lower reps. If you are skinny and trying to gain bodyweight and add mass, increase your daily caloric and protein intake. If you are overweight and trying to get lean, drop your calories, keep your protein intake high, your carbs low, and eat clean, with very little fat, sugar or junk food.



John Balik

**I've never set limits or created mental barriers. I imagined my biceps as big as mountain peaks when I did my curling exercises.**

You should see regular progress when you work out. If you don't, there is a problem somewhere. Find out what it is and correct it. Don't spend six months or a year spinning your wheels and going nowhere. Don't be one of those people who never improve their physique and who always look the same. Evaluate your training progress regularly and make the necessary changes to keep the improvements coming. That's a necessity if you are to succeed because merely going through the motions doesn't do any good. Motion means nothing. You have to realize what is happening. You have to want results.

You should also be constantly evaluating your physique for its weak points. Are your

The Big Flex

If you like your muscle girls big and strapping, then check out this 5'8", 160lb. blond powerhouse! Bursting with self confidence, Cyndy has no inhibitions when it comes to showing 'everything' she has proudly developed. watch her naked body strain, flex and sweat in this very exciting posing /workout video. Her muscles are real, her strength is real, and her sex appeal is absolutely unreal! Buy it!

B10 45 MIN. VIDEO $\$40^{00}$
BP10 30 PHOTOS $\$25^{00}$

Fitness Buff

After a series of sensuous exercises, JoAnn heads upstairs, where worshipping hands give her gorgeous legs and fanny what they yearn for. Your heart will pound during her solo bed performance, as a trickle of fine wine seeks out the tight crevices of her sculptured physique. Here is the magnificent JoAnn at her most sensual—more tan and fit than ever before—with that silky unblemished skin. The perfect 'girl next door'… in the buff! She'll drive you absolutely nuts!

C9 45 MIN. VIDEO $\$50^{00}$
CP9 40 PHOTOS $\$30^{00}$

MUSCLE FOX

In all honesty, there are not enough superlatives to describe the muscle action displayed by this female's hindquarters and thighs in this production. Possessor of one of the World's most perfectly built bodies, Didi puts on the most intensely erotic, exciting muscle show we have ever witnessed. Great camera angles focus on her prodigious assets. Throughout, Didi lifts, flexes, and otherwise poses in the sexiest possible ways. And beware, when she bends over, you are going to literally lose it! Wait 'til you see this muscle fox do it to you!!

B5 60 MIN. VIDEO $45
BP5 40 PHOTOS $30

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Dream Routine

Whoever said that if a girl gets 'worked up' during a hard gym routine that she can't just strip down and keep right on going? In this video you will be treated to a female voted the most sensual woman in America—with 10 pounds of added muscle—just for you! Erika comes on to you with a combination of rippling muscles and unmatched sex appeal with one purpose in mind: to get you so worked up you'll be climbing the walls! She knows what she's got; she knows what you crave. Get ready to go nuts!

B3 60 MIN. VIDEO $\$45^{00}$
BP3 40 PHOTOS $\$30^{00}$

Megawoman

Thick, black, untamed hair… a powerful, rock-hard body built by years of dance and weight training… a sensual appeal beyond anything we have ever experienced… at 23, worldly sophisticated, and very 'unattainable'. It's like taking the most outstanding features you have ever seen and combining them into one awesome female. Totally clothed she will drive you crazy. But there's no telling what may happen when Marissa strips and flaunts her body for you in the privacy of your home. Better fasten your seat belt!

C19 42 MIN. VIDEO $\$45^{00}$
CP19 40 PHOTOS $\$30^{00}$

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C26 58 MIN. VIDEO $\$50^{00}$
CP26 50 PHOTOS $\$38^{00}$

Feet in Heat

Monique is a former ballet dancer whose strong, athletic feet possess those deep arches and tremendous dexterity derived from years of dedicated physical work. They literally scream for attention, and she does her best to self service them with highly stimulating foot action. Scenes include toenail painting, a shaving of those silky, muscled dancers legs, toe and foot dexterity with food (ever seen grapes exploded between two toes?), and ample close up posing from all angles, both barefoot and dressed in open toe pumps and sandals. These feet are hot!

C64 50 MIN. VIDEO $\$40^{00}$
CP64 30 PHOTOS $\$25^{00}$

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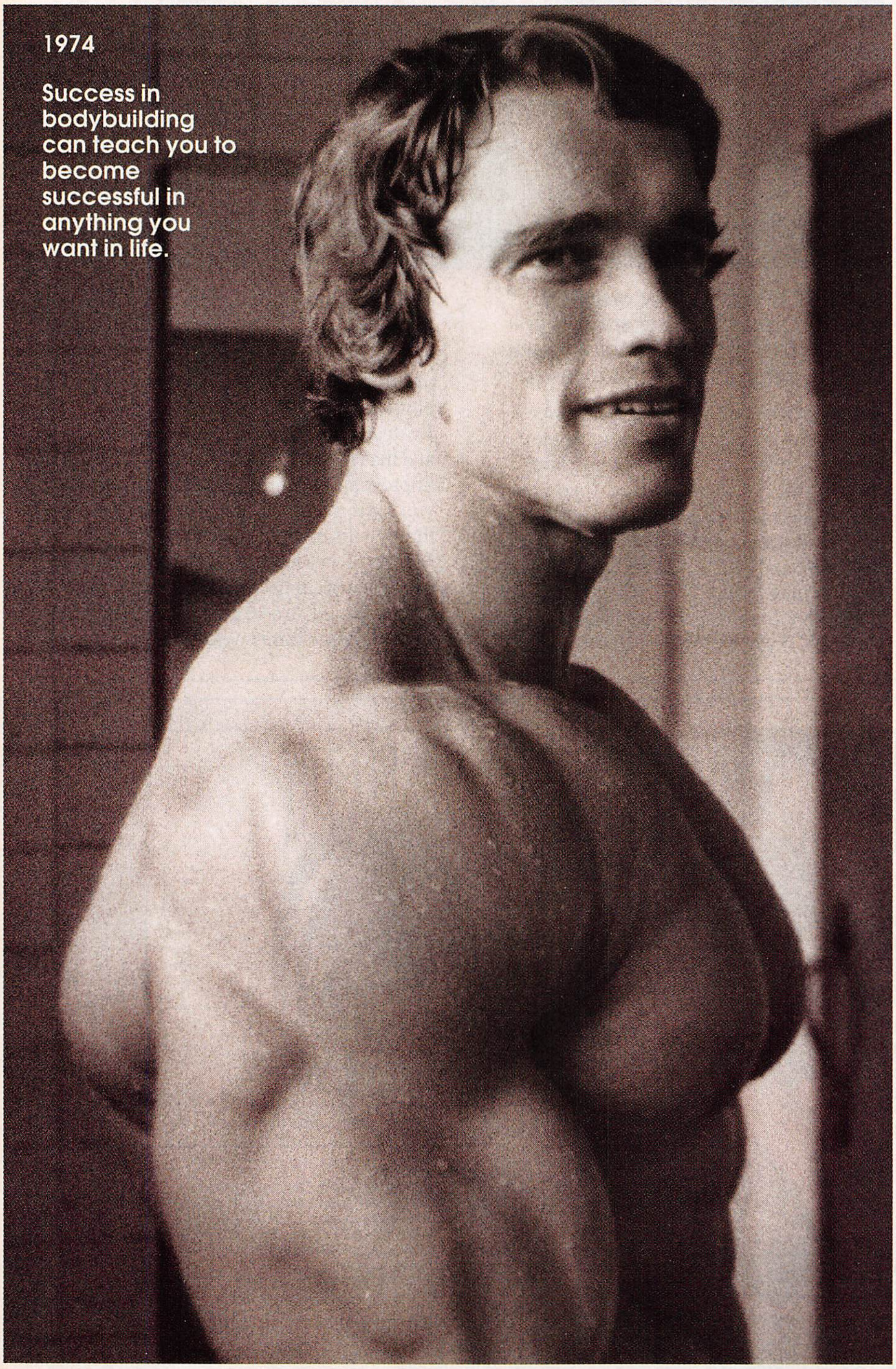


1974

Success in bodybuilding can teach you to become successful in anything you want in life.

calves too small for your thighs? Is your chest too big for your shoulders and arms? Are your lower pecs too big for your upper pecs? Are your waist and hips too wide? Is your back too shallow? Is it wide but not thick, or thick but not wide? Do your biceps lack peak? Are you big but too smooth, or cut but need more mass and size? All these kinds of questions are important. Remember, you are trying to build the perfect physique, where every part is in proportion and balance. Symmetry is your ultimate goal, with muscularity and mass a close second.

Train hard to bring up your weak points. Give them priority in your workouts. If your legs are weak and your upper body and arms are strong, train legs by themselves so that you can devote entire workouts to just training legs. Cut back on the number of sets you do for your best bodyparts to save energy so that all your growth can go to your legs. Don't worry. Those other muscles won't shrink or disappear. When you go back to training your best parts with the usual number of sets, they will burst with growth right away because of muscle memory. Ultimately, however, by holding back gains of your best muscle groups and bringing up your weak bodyparts, you end up with a far more aesthetically pleasing and symmetrical body.

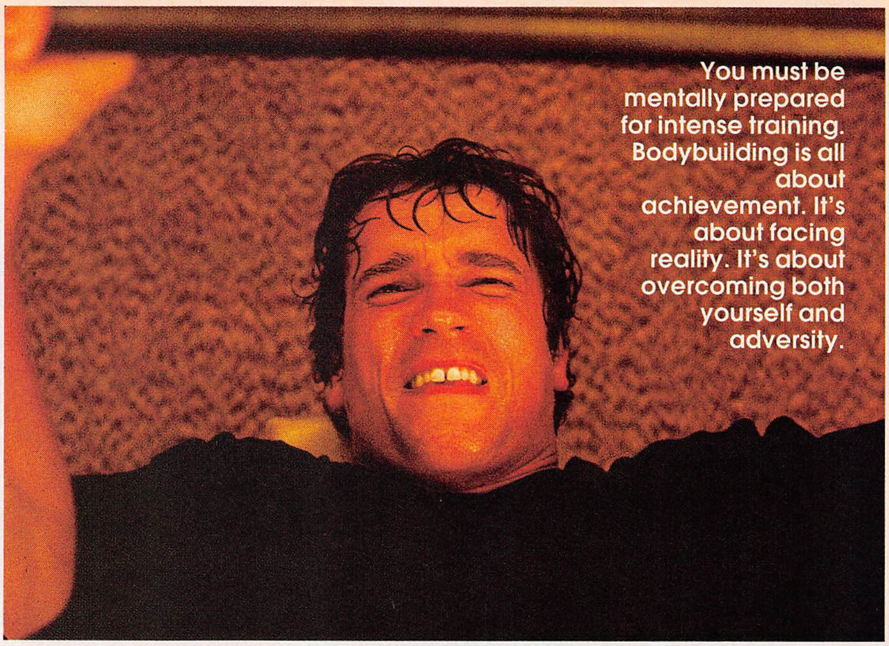
Much has been written and spoken about the power of positive thinking. All successful athletes, entertainers, artists, business people, doctors, educators, musicians and politicians have this power in abundance. One of the main reasons they are successful is that they are excited about what they are doing. They never think of failing – only of their great sense of accomplishment. Love for what they are doing also contributes to their success. They have passion, enthusiasm and joy for what they do. They enjoy their work so much that the enjoyment becomes contagious, and anyone around them becomes infused with their enthusiasm too. Such people have so much enthusiasm and positive energy that they really do seem to glow. That's the elusive "star quality" that people marvel at when they see a celebrity walk into a room or onto a stage. All this energy comes from having positive emotions.

A positive attitude and confidence in your ability are absolutely necessary to make your best gains. If you think you are going to make good gains, you will. If you are convinced you cannot make good gains, you won't – no matter what kind of training you do or how many drugs or supplements you take. So become excited about your training and what you are trying to accomplish. Think about how good training makes you look and feel. Be very positive about your chances for success. Really get charged up about it because wonderful things can happen when the mind is excited. Feel confident that all your goals are going to come true.

Every champion I know had confidence in his ability to grow and to succeed. They all burned with desire. Nothing was going to stop them from becoming Mr. Europe or Mr. America or Mr. Universe or Mr. Olympia. Nothing.

I hear some people lamenting, "Oh, I can't lose 20 pounds and develop good abs," or "I can't gain 25 pounds and get the mass I need to win such and such a contest." I would hate to be that weak-minded. I would hate to have so little confidence in my ability to achieve my goals. I can gain or lose 20 pounds in a few weeks because I know I just have to adjust my diet and training and have the confidence to do it. I have no doubts. When I did the movie *Stay Hungry* with Jeff Bridges and Sally Field, I had to lose almost 30 pounds to get down to 210 for my part. Then when I decided to compete for the 1975 Mr. Olympia in South Africa, I had to take my bodyweight back up to 230. These changes were all made within the same year. Many said I could not do it, but I never had any doubts. I simply had faith in my ability to control my body.

Bodybuilding is all about achievement. It's about facing reality. It's about overcoming adversity. When you are working out, there is always the reality of the cold iron in your hands. Either you can lift it, or you can't: reality. And then there is the progress you make. If you train correctly, you get results. Train incorrectly, or fail to put enough effort and intensity into your train-



**You must be mentally prepared for intense training. Bodybuilding is all about achievement. It's about facing reality. It's about overcoming both yourself and adversity.**

ing, and you get little or nothing. You can't fake it. You have to face facts.

That's good. It makes training a challenge, as it should be. Nothing should come too easy in life. The harder you have to work to accomplish something, the greater the satisfaction when you finally reach your goal. The human body was never designed for a sedentary lifestyle. It was created to hunt saber-toothed tigers and walk forty miles a day. When we have no physical outlets, tensions build up within us. The body reacts to minor frustrations, such as somebody cutting us off in traffic, as life-and-death situations – the "fight" or "flight" mechanism is tripped, adrenaline floods our system, our blood pressure skyrockets. Exercise in general and bodybuilding in particular give us an outlet for these tensions and satisfy the body's need for strenuous activity.

Whether you train with weights to become Mr. or Ms. Olympia, or just to shed some bodyfat, build muscle and have twice the usable strength of the average person on the street, either is a noble cause. Do not let anyone tell you any different. Your competition is yourself, not other people. You must constantly better yourself. You must always strive to improve yourself mentally, physically and intellectually. You must always grow. Do not stagnate. Stay hungry! Always be reaching and striving for new pursuits, new opportunities for growth. Apply the discipline and strict work ethic you learned from bodybuilding to all your pursuits. That kind of mind-set will make you the best person possible.

Success in bodybuilding can teach you to become successful in anything you want in life. I have proved that point well enough. You do not have to be one-dimensional. You can have it all if you want it badly enough. You have the power within your mind – a force that will let you accomplish anything you put your mind to if you trust it. Learn to love the challenge of accomplishment and your life will take on a whole new meaning. Every day becomes a new adventure rather than a dull routine. Every day becomes a chance for a new opportunity, and an opportunity for change and growth. Seize the moment. Live in the present and just do it.

Do not merely read these words. Make them a general philosophy of life, a way of living, and success will be yours because you will be using the power of your mind to its fullest potential. Then nothing can stop you. **AS**

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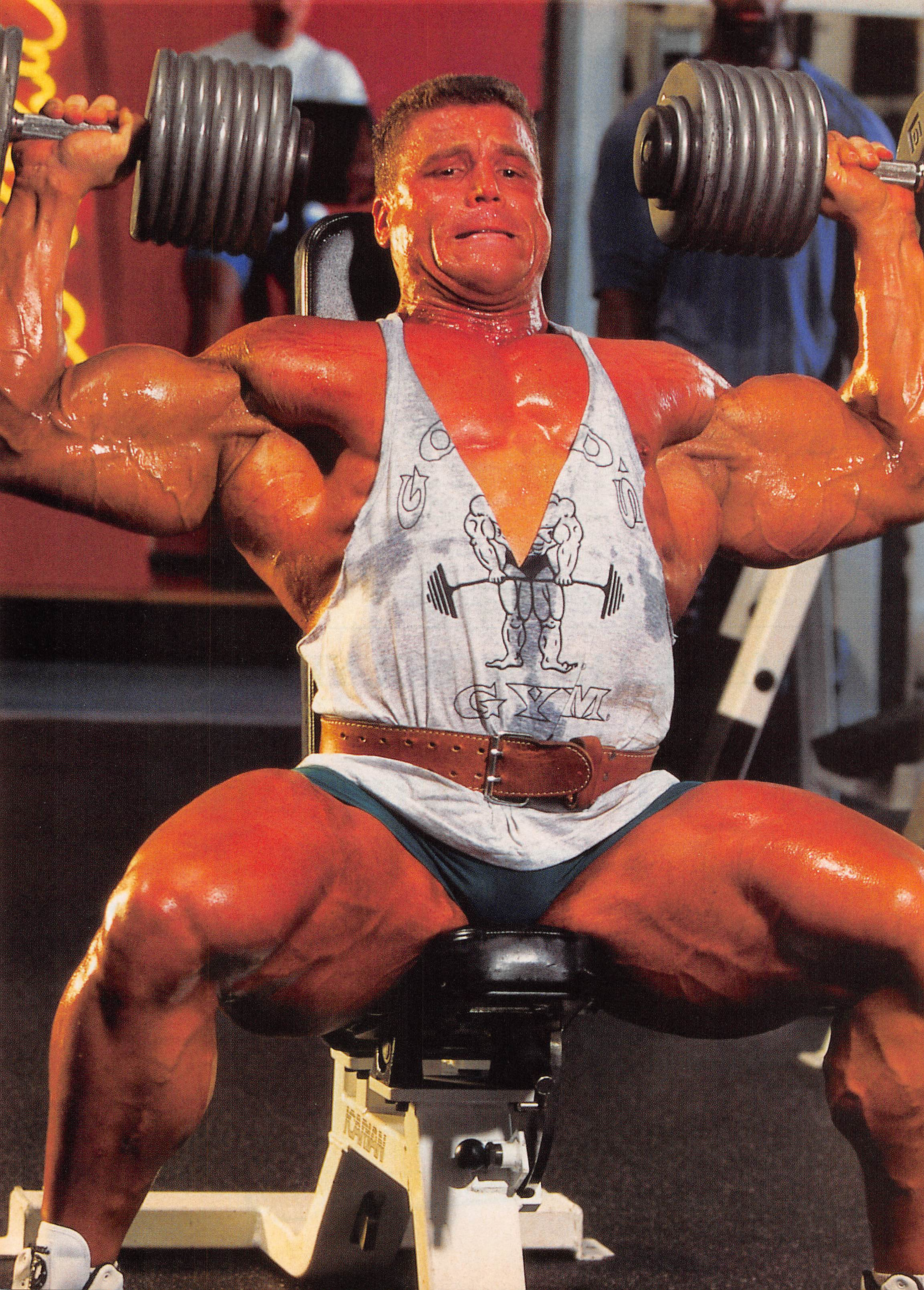
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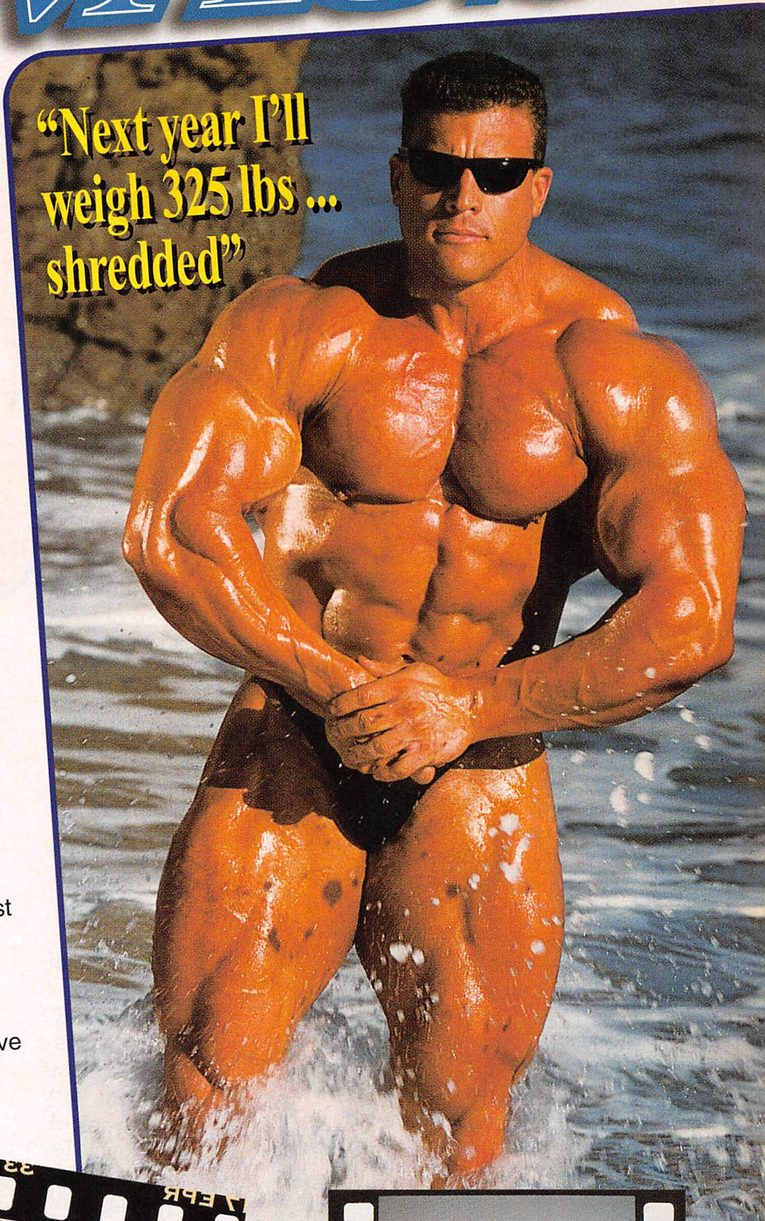
# THE NEWEST IFBB PRO

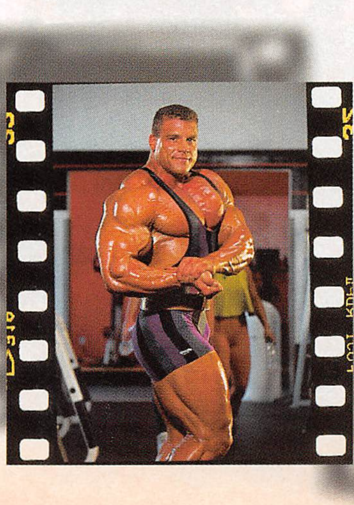
# GREG KOVACS

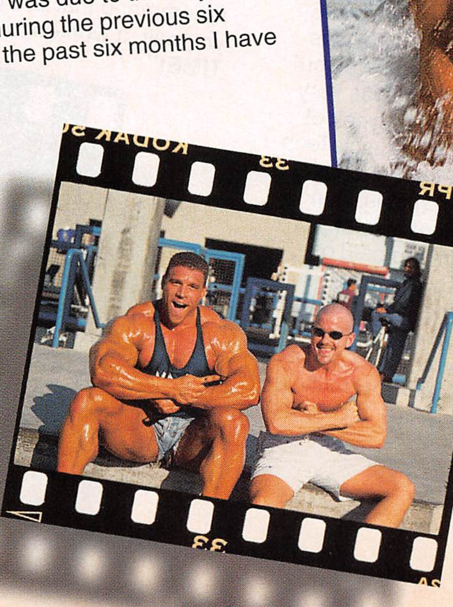
**Greg Kovacs recently won the Canadian Championships weighing 302 lbs in shredded condition which makes him the biggest bodybuilder to ever turn pro. Not only is Greg the biggest bodybuilder in the world but he is also the strongest in which he regularly reps out with 700 lbs on incline presses. What may be even more impressive than Greg's massive body and inhuman strength are the improvements that he has made over the past six months. Greg explains how he did it.**

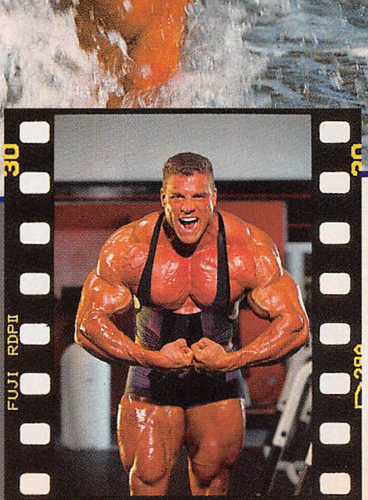

"Next year I'll weigh 325 lbs ... shredded"

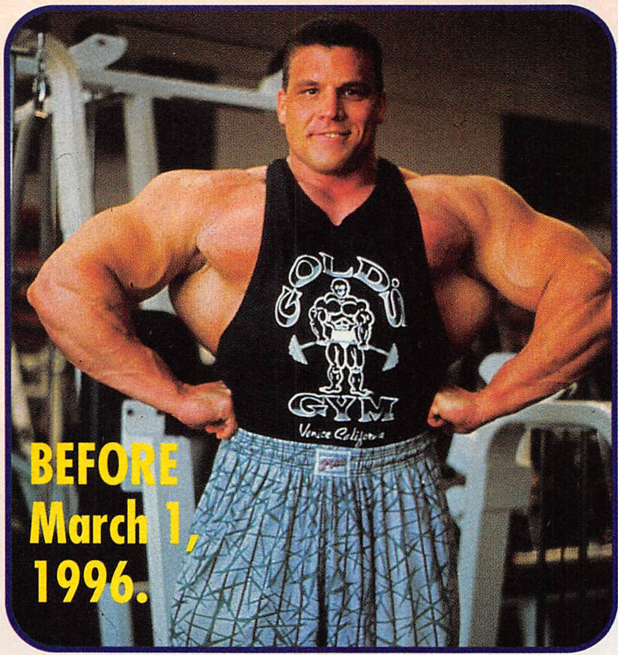
"The date of August 30th, 1996 was one of the happiest days of my life. After ten years of intense training I finally won the Canadian Championships in which I earned my pro card. The judges said that I easily blew away the competition but believe me it was no easy task. Last year I placed 11th at the North American Championships and at the 1995 Canadian Championships I didn't even place. Prior to entering the 1996 Canadian's, everyone expected me to lose but this time I proved them wrong. All the dedication and hard work that I put into training, nutrition, and supplementation paid off. I easily defeated my competition weighing 302 pounds in shredded condition. I literally shocked the judges and the audience because last year I did not even place. This year I outweighed the second place competitor by over 80 pounds.

The reason for my easy victory was due to the major improvements that I had made during the previous six months of before the contest. In the past six months I have

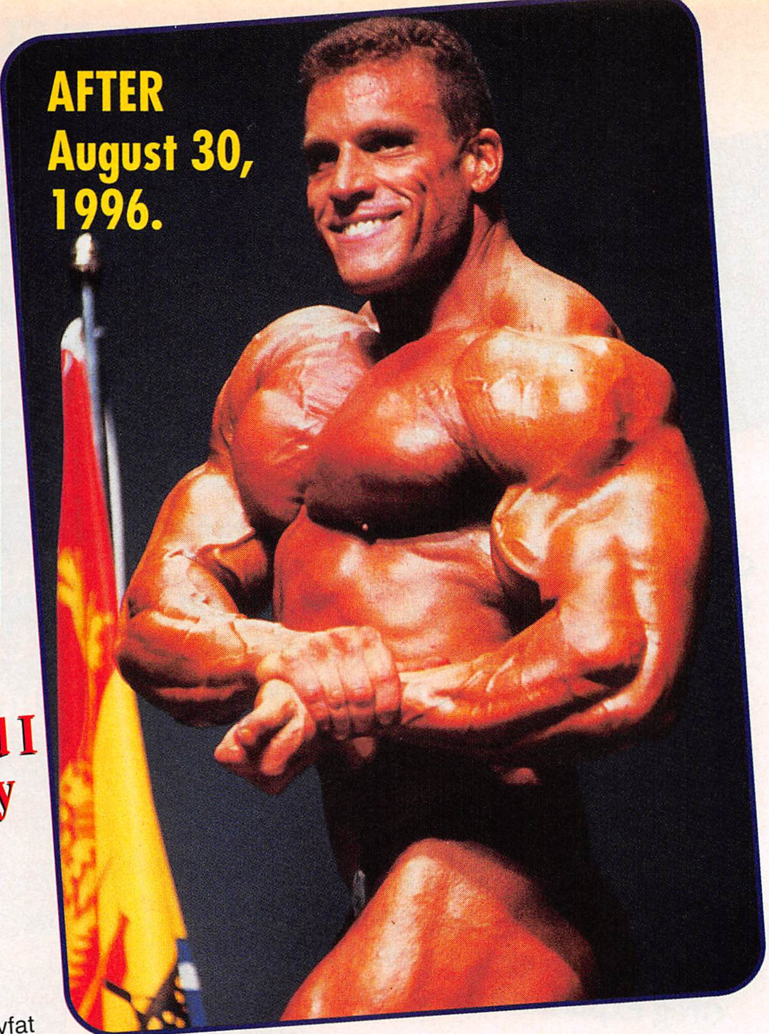








**BEFORE**
**March 1,**
**1996.**

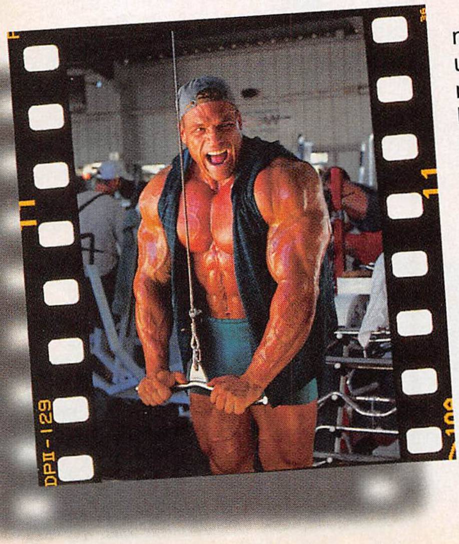


**AFTER**
**August 30,**
**1996.**

## "In the past six months I've gained 21 lbs of lean muscle and I have never been so ripped in my life. Believe me, the MUSCLETECH STACK WORKS – BIG TIME!"

gained 21 pounds of lean muscle and dropped my bodyfat down from over 20 percent to 2 percent. These type of gains would normally take the average bodybuilder at least three years to achieve, and I accomplished them in six short months.

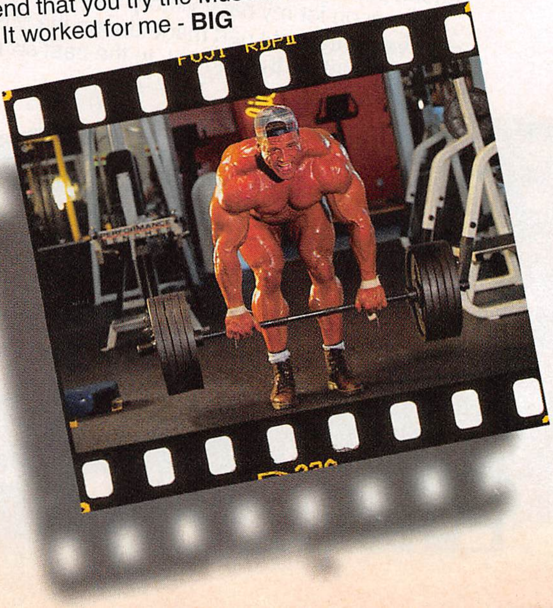
What did I do differently over the last six months to make such incredible gains? Well I trained extremely hard and I followed a high-protein diet, however I have followed a similar program over the past ten years. So what made the difference? The MuscleTech Stack made the difference. During the past six months I religiously used the MuscleTech Stack in high doses and my gains in muscle mass and strength literally exploded. When I first began the MuscleTech Stack, within 10 days I noticed an increase in strength and I had gained nearly 10 pounds of lean body mass.



On March 1, 1996 my bodyweight was up to 390 pounds but my bodyfat was very high. Every week of using the MuscleTech Stack I got stronger, bigger, and leaner. Six months later everything paid off. On August 30, I weighed 302 pounds with only 2 percent bodyfat. I had gained 21 pounds of muscle and lost 100 pounds of bodyfat. The MuscleTech Stack works, I'm living proof.

Now I'm not going to say that the MuscleTech Stack is the only reason why I made these incredible gains, believe me it did take a lot of hard work. Also, I can not guarantee that you will make the same gains that I did because everyone is genetically different, however what I can guarantee you is that the MuscleTech Stack is without a doubt the best bodybuilding supplementation on the market. I have tried all the best supplements on the market such as whey protein, meal-replacements, regular creatine monohydrate, vitamins and every type of amino acid known to man, and nothing works nearly as well as the MuscleTech Stack.

If you want to make the best gains of your life, I recommend that you try the MuscleTech Stack for yourself. It worked for me - **BIG TIME!"**



# "Last year I placed 11th. This year using the MUSCLETECH STACK I weighed 302 lbs-ripped and I easily blew away the competition!"

Getting in top shape using the MuscleTech Stack has many advantages!

**WHAT IS THE MUSCLETECH STACK?**
The MuscleTech Stack consists of three supplements namely Acetabolan, Creatine 6000-ES, and Hydroxycut. They synergistically enhance the benefits of one another resulting in maximum gains in muscle mass, strength, and reducing bodyfat. Each supplement causes different positive effects on the body.

Acetabolan is a revolutionary product that contains ingredients that scientific studies have shown may dramatically increase testosterone and growth hormone levels in the body. Bodybuilders who have used Acetabolan have reported dramatic increases in lean muscle mass and strength similar to steroids.

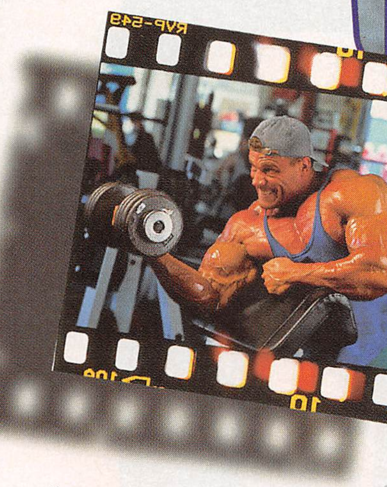
Creatine 6000ES is an advanced creatine formulation that contains all the essential aminos that are required for creatine synthesis to occur in the body. It has been proven in studies to be more effective than regular creatine monohydrate at accelerating muscle mass and strength.

Hydroxycut is a highly-effective fat burning supplement that contains several ingredients that seem to dramatically increase fat loss. Hydroxycut contains a high-potency of Hydroxagen (HCA) which inhibits the body from converting excess carbohydrates into bodyfat along with many other fat-metabolizing nutrients.

When Acetabolan, Creatine 6000-ES and Hydroxycut are stacked together they result in major gains in muscle mass, strength and fat reduction.

The MuscleTech Stack is available at many health-food stores including GNC. However, due to the major demand there are limited quantities, but fortunately the MuscleTech Stack is available directly from MuscleTech at a discounted price.

MuscleTech is so confident that 'The MuscleTech Stack' is the best supplementation on the market that each first-time order comes with a **MONEY-BACK GUARANTEE.** This gives you the chance to try the MuscleTech Stack with virtually **NO RISK** whatsoever. How is MuscleTech able to take this risk? Well, there is no risk because the MuscleTech Stack works!

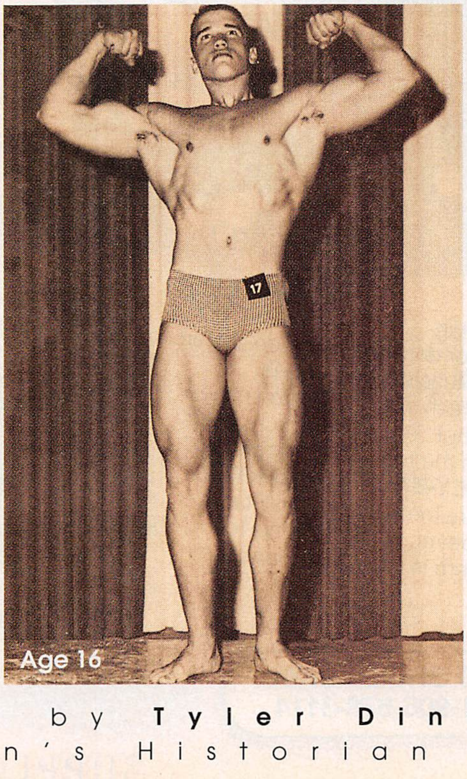


"It's easy to use the MuscleTech Stack. I use it every day to maximize my gains."
CREATINE 6000-ES
HYDROXYCUT
ACETABOLAN
Anabolic/Anti-Catabolic Formula
ACETABOLAN™
With 1000mg Acetyl-L-Carnitine
Advanced BCAA Formula
2000mg Glutamine
Pharmaceutical Quality
MUSCLETECH
Research And Development
48 Capsules
CREATINE 6000-ES
Creatine Monohydrate
Enhanced Synthesis Formulation
Pharmaceutical Quality
MUSCLETECH
Research And Development
Net Wt. 11.44 ozs./325 grams
Advanced Thermogenic Formula
HYDROXYCUT™
With 2000mg Hydroxagen™
Chromium Picolinate
& L-Carnitine
Pharmaceutical Quality
MUSCLETECH
Research And Development
80 Capsules

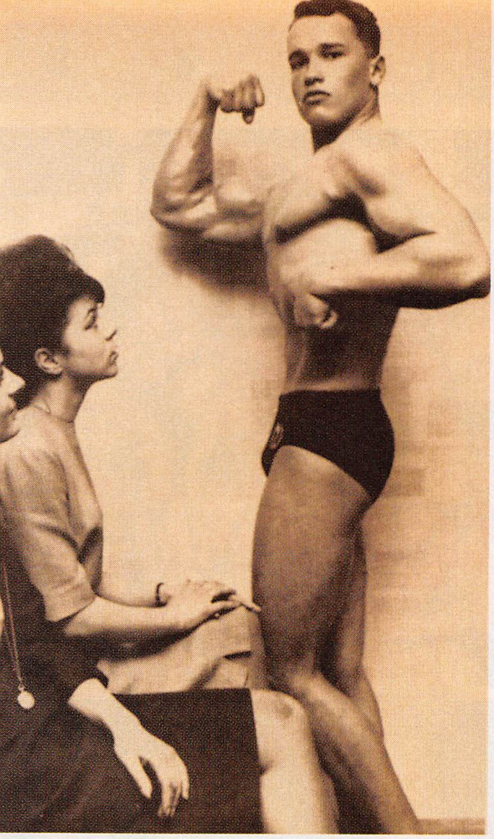
**TO ORDER CALL:**
**1-905-678-3114**

**SUPPLEMENTS THAT WORK!**

# COMPETITION HISTORY of the AUSTRIAN OAK


Age 16

Compiled by **Tyler Dinwoodie**
and IFBB Men's Historian **Joe Roark**

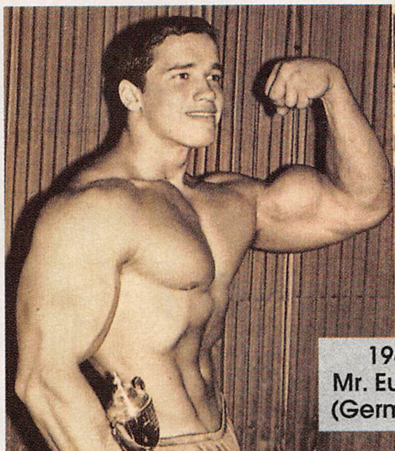


1963 Steirer Hof Competition
(Graz, Austria), *runner-up*

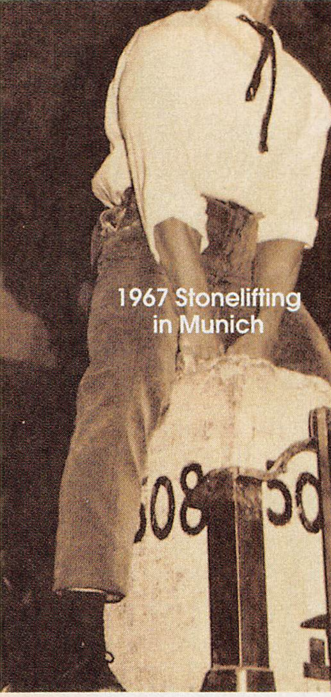
PRODUCTIONS
MR. OLYMPI

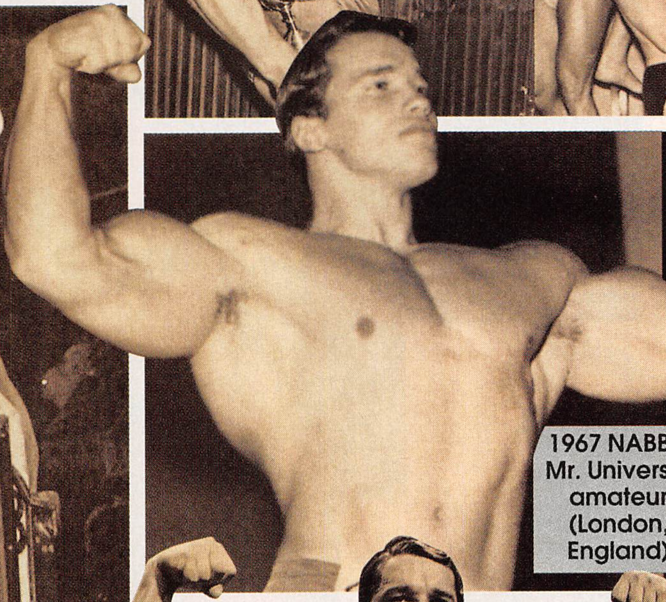
# 1965 to 1968

1965 Junior
Mr. Europe
(Germany)

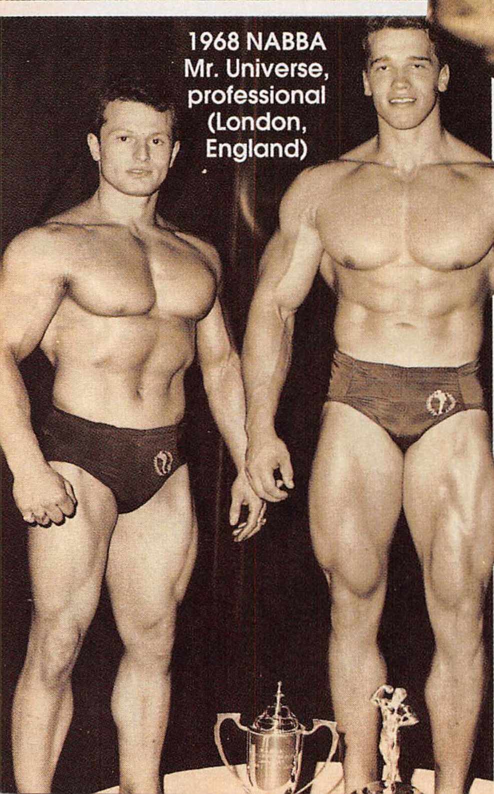


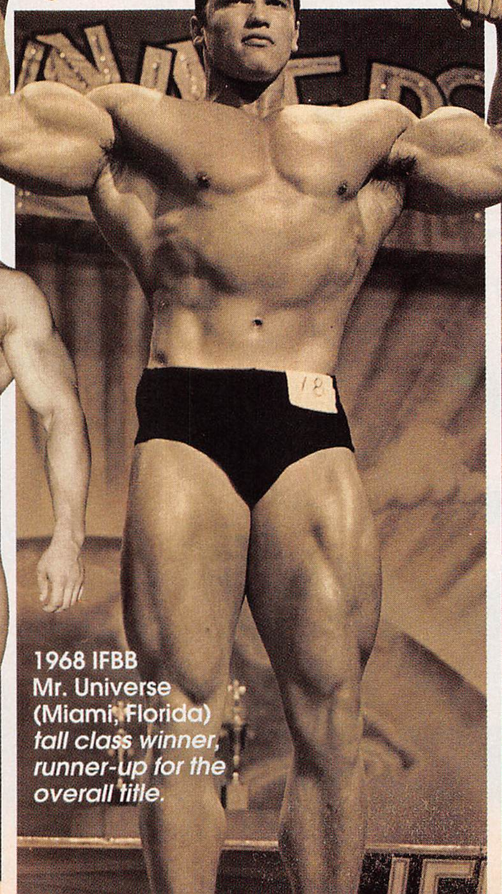
1966
Mr. Europe
(Germany)


1967 Stonelifting
in Munich



1967 NABBA
Mr. Universe,
amateur
(London,
England)


1968 NABBA
Mr. Universe,
professional
(London,
England)

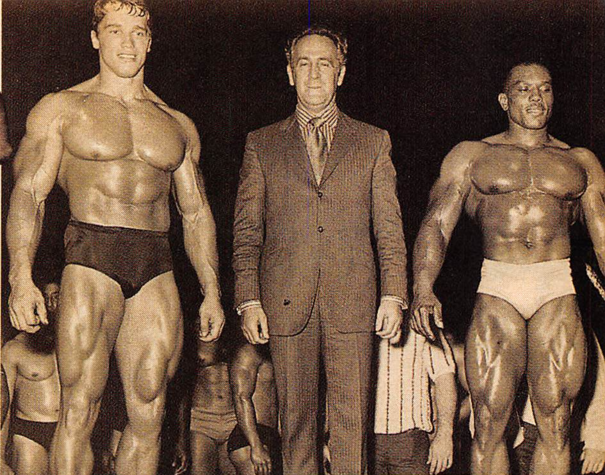

1968 IFBB
Mr. Universe
(Miami, Florida)
*tall class winner,*
*runner-up for the*
*overall title.*

1968 German
Powerlifting
Championship
(Germany)

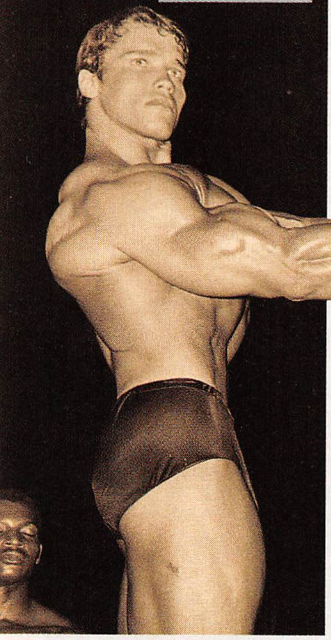
1968 IFBB
Mr. International
(Tijuana,
Mexico)

1969 IFBB
Mr. Universe
(New York,
New York)

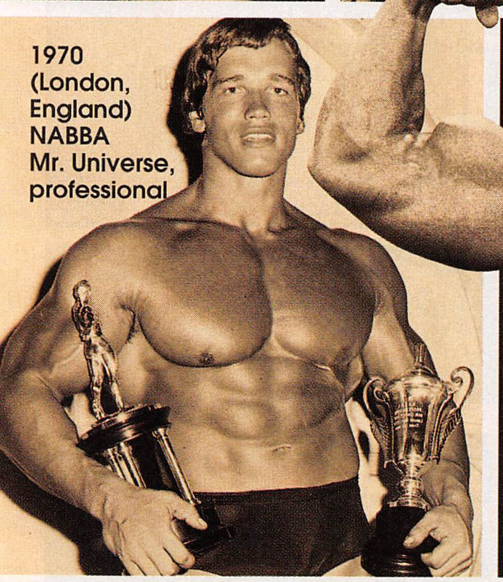
1969 IFBB Mr.
Europe,
professional
(Germany)



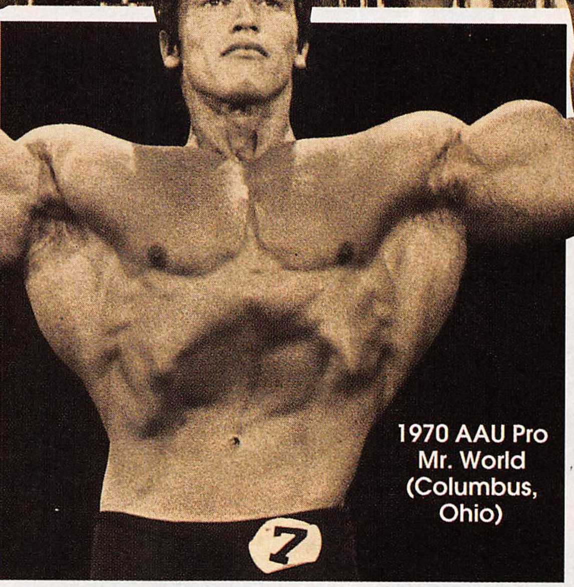
1969 Mr. Olympia
(New York, New
York), *runner-up*



1969 NABBA
Mr. Universe
professional
(London,
England)



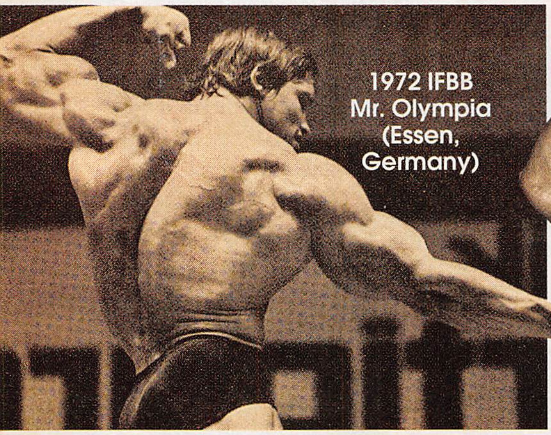
1970
(London,
England)
NABBA
Mr. Universe,
professional

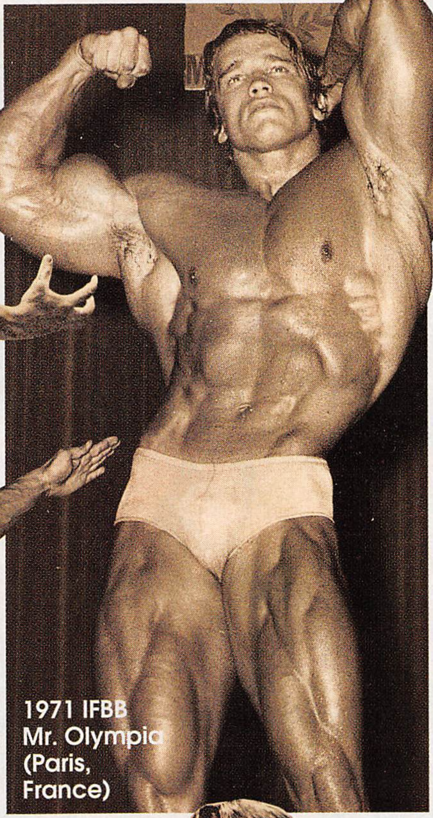


1970 AAU Pro
Mr. World
(Columbus,
Ohio)

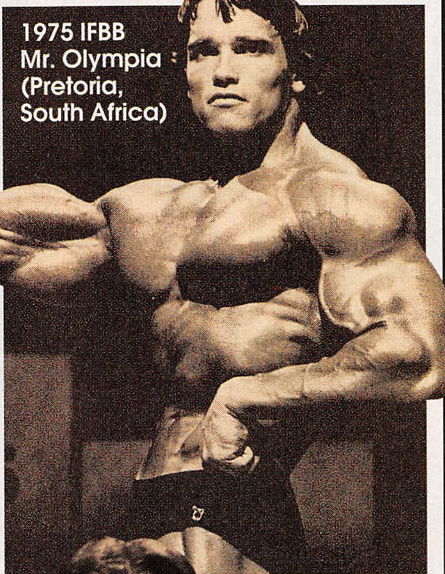
1970 IFBB
Mr. Olympia
(New York,
New York)

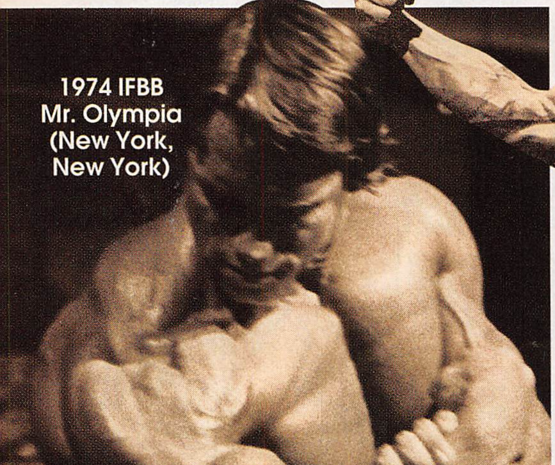
## 1969 to 1970

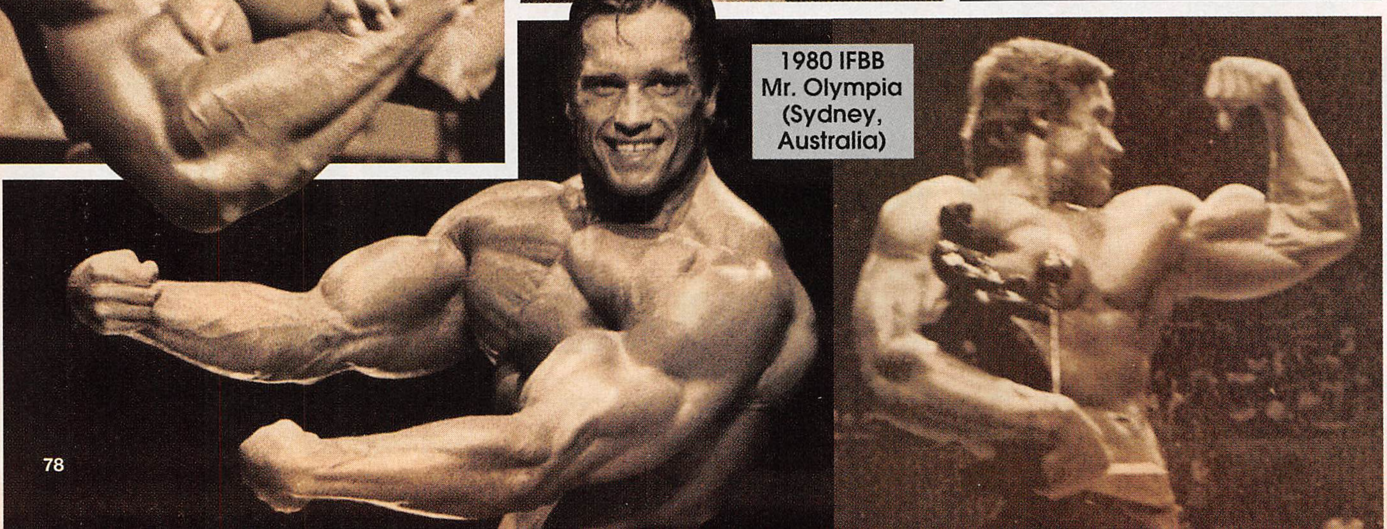

1972 IFBB Mr. Olympia (Essen, Germany)


1971 IFBB Mr. Olympia (Paris, France)

1973 IFBB Mr. Olympia (New York, New York)


1975 IFBB Mr. Olympia (Pretoria, South Africa)


1974 IFBB Mr. Olympia (New York, New York)


1980 IFBB Mr. Olympia (Sydney, Australia)

## CONTESTOGRAPHY

**1963 Steirer Hof Competition** (Graz, Austria) *runner-up – Kurt Marnul won the overall title.*
**1965 Junior Mr. Europe** (Germany)
**1966 Best-Built Athlete of Europe** (Germany)
**1966 International Powerlifting Championship** (Germany)
**1966 Mr. Europe, amateur** (Germany)
**1966 NABBA Mr. Universe**, amateur (London, England) *second tall – Chet Yorton won the overall title.*
**1967 NABBA Mr. Universe**, amateur (London, England)
**1968 German Powerlifting Championship** (Germany)
**1968 IFBB Mr. International** (Tijuana, Mexico)
**1968 NABBA Mr. Universe**, professional (London, England)
**1968 IFBB Mr. Universe** (Miami, Florida) *tall class winner – Frank Zane won the overall title.*
**1969 IFBB Mr. Universe** (New York, New York)
**1969 IFBB Mr. Olympia** (New York, New York) *second – Sergio Oliva won the overall title.*
**1969 NABBA Mr. Universe**, professional (London, England)
**1969 IFBB Mr. Europe**, professional (Germany)
**1970 NABBA Mr. Universe**, professional (London, England)
**1970 AAU Pro Mr. World** (Columbus, Ohio)
**1970 IFBB Mr. Olympia** (New York, New York)
**1971 IFBB Mr. Olympia** (Paris, France)
**1972 IFBB Mr. Olympia** (Essen, Germany)
**1973 IFBB Mr. Olympia** (New York, New York)
**1974 IFBB Mr. Olympia** (New York, New York)
**1975 IFBB Mr. Olympia** (Pretoria, South Africa)
**1980 IFBB Mr. Olympia** (Sydney, Australia)

# ARE YOU A FUR-BALL?

*Attention: All hairy types! We're talking to you! Hey Men! Do people call you "Sasquatch?" The "Human Brillo Pad?" "Cousin It?" Ladies; do you have more hair on your upper lip than your brother? Are you destined to a lifetime of pants and long sleeves? Or maybe you're just fed up with the messy inconvenience of shaving; the constant waxing or painful electrolysis sessions. Wouldn't it be great if you never needed to shave again? If your answer is yes, we have only one thing to say to you...*

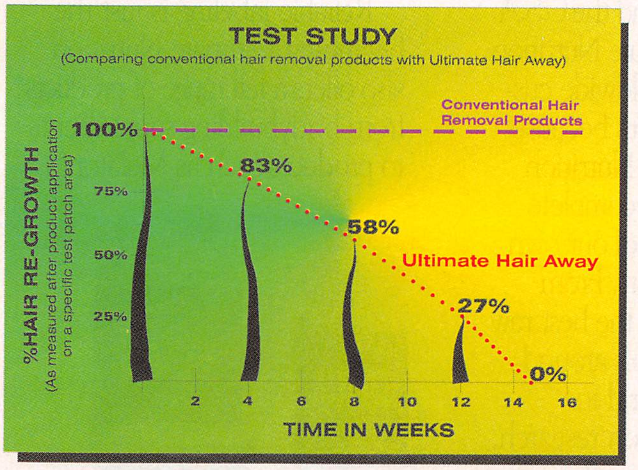
## SHAVE NO MORE!

**That's right! Mankind's oldest cosmetic problem: unwanted body hair--has been solved!**

**The answer is Ultimate Hair Away.**

**Until now, the only permanent hair removal method was electrolysis. However, studies show that 20% of electrolyzed follicles produce hair *regrowth!* When you also consider the expense, time and pain, plus the fact that dormant hairs can grow at anytime, it's no wonder people are disappointed with electrolysis.**

**Conventional hair removal products are even more futile. They dissolve only the hair *above* the skin. Any cosmetic improvement is temporary--your hair grows back again! What good is that? (see graph)**



**As you can see, Ultimate Hair Away is entirely different. The results are real--and lasting! At first, Ultimate Hair Away changes the structure of your hair follicle. Thick, coarse hair becomes softer, smaller and finer. It will resemble hair you had as a baby. Soon after--PRESTO! No more hair! You will never be self-consicious again! Check out our testimonials:**

> *"I'm no longer the Wolf Man to my friends. Ultimate Hair Away really works!"* John Carter, California.
>
> *"I'm so happy! I can finally show my legs!"* Vanessa Del Ray, New Jersey.
>
> *"I've never found a product that worked before. Thank you! It's like a miracle!"* Jeannie Brewda, Canada
>
> *"Hurray! No more agony of electrolysis. Ultimate Hair Away has made my life better!"* Martha Young, New York.

**Ultimate Hair Away is the result of years of biological research and development. It is a clear, odorless topical solution that is made from an amazing mixture of exotic plant enzymes. Very unique enzymes in very precise quantities. Once applied, it saturates the base of the hair follicle and begins the patented process of stopping hair growth.**

**Ultimate Hair Away is so easy to use. Just spray, and it goes to work! It's 100% organic, so it's completely safe and painless. With Ultimate Hair Away, you can now. . .**

## SHOW YOUR BODY!

Before
After

**What good is all that hard work in the gym if your definition is hidden under spools of hair? That's the great thing about Ultimate Hair Away--it's *site specific!* It only affects the area you choose. Coarse or fine hair; man or woman; even if your skin is sensitive--it does not matter! Ultimate Hair Away does the job!**

**Ultimate Hair Away is an amazing scientific breakthrough! By the year 2000, we predict excess body hair will be a thing of the past. *It's that good!***

**Ask about our BUY 3 GET 1 FREE Special**

***NEW AND IMPROVED FORMULA... MADE STRONGER FOR BODYBUILDERS!***

To order Ultimate Hair Away simply send this order form along with a certified check or money order to: **GNG Health & Beauty Inc. 150 Rivalda Rd. #4. Weston, ON. M9M 2M8. Canada.**

Make certified check or money order payable to **GNG Health & Beauty Inc.**

CREDIT CARDS ORDERS Call **1-416-740-6611**.

Fax Orders: 1-416-746-4866

VISA

Cut along here.

☑ **YES!** **I want to get rid of my unwanted hair.**

I would like to order _____ bottles of UHA at $39.95 each (U.S. funds), plus $7.00 shipping & handling fees.

Note: 1 bottle lasts approx. 3 wks.

**MONEY BACK GUARANTEE**
I agree to use Ultimate Hair Away for 16 weeks as directed. I also understand that if I'm not 100% satisfied with the results, I can send the empty container back for a full refund. No questions asked.

Name:____________________ Phone #:(          )__________

Address:______________________________________

City:____________________ State:__________ Zip:__________

**YOUR ORDER WILL BE SHIPPED THE SAME DAY.**

# RAISING YOUR

You train hard and expect results. How do you know the supplements you take are what they say they are? Read the label. If it says "Ultimate Nutrition," then you know you've got what it takes to be on top of your sport.

Ultimate Nutrition's product line is pure quality and pure potency. 100% American-made. Sold the world over and asked for by name in Europe, Russia, the Orient, and the U.S.A.

Why does Ultimate Nutrition rank so high in worldwide customer confidence? It's because Ultimate Nutrition assumes complete control of our own products. From finding the best raw materials around the world to hands-on research, testing, and manufacture, we maintain the strictest quality controls because the only company behind our label is us.

Reliable labeling is just the beginning. Ultimate Nutrition also offers a full range of products from bodybuilding supplements to products such as Melatonin

Our highest grade DHEA is available in 25, 50 and 100mg. dosages. 100 caps per bottle.

750 grams of 99%+ pure Creatine Monohydrate. It's dicyandiamide free!

New, super strength Standardized Yohimbe Liquid performance product.

Ultimate Nutrition
DHEA
Dehydroepiandrosterone
100 MG
100 Capsules
Ultimate Nutrition
Creatine Powder
100% Premium Creatine Monohydrate
750 Grams (26.45 oz.)
Ultimate Nutrition
Yohimbe Bark Extract
Standardized Yohimbe Bark Extract
Two Fluid Ozs.

# EXPECTATIONS.

and DHEA that promote longevity and good health. From a single source, you'll find amino acid products, weight gain & loss supplements, endurance products and more plus the latest advances to put you a step ahead. At Ultimate Nutrition, innovation and state-of-the-art formulations give you more ways to master your goals.

Athletes, bodybuilders, and health conscious consumers have learned to "read the label," and they trust *Ultimate Nutrition to meet or exceed expectations.

ULTIMATE NUTRITION
MASSIVE YOHIMBE BARK CAPSULES
PREMIUM MCT GOLD
SUPER AMINO 2000
MASSIVE WEIGHT GAINER
YOHIMBE BARK EXTRACT
THE ULTIMATE NUTRITION WHEY
GABA
750 mg
SUPER COMPLETE CAPSULES
MELATONIN
VANADYL SULFATE
AMINO GOLD CAPSULES
CREATINE POWDER

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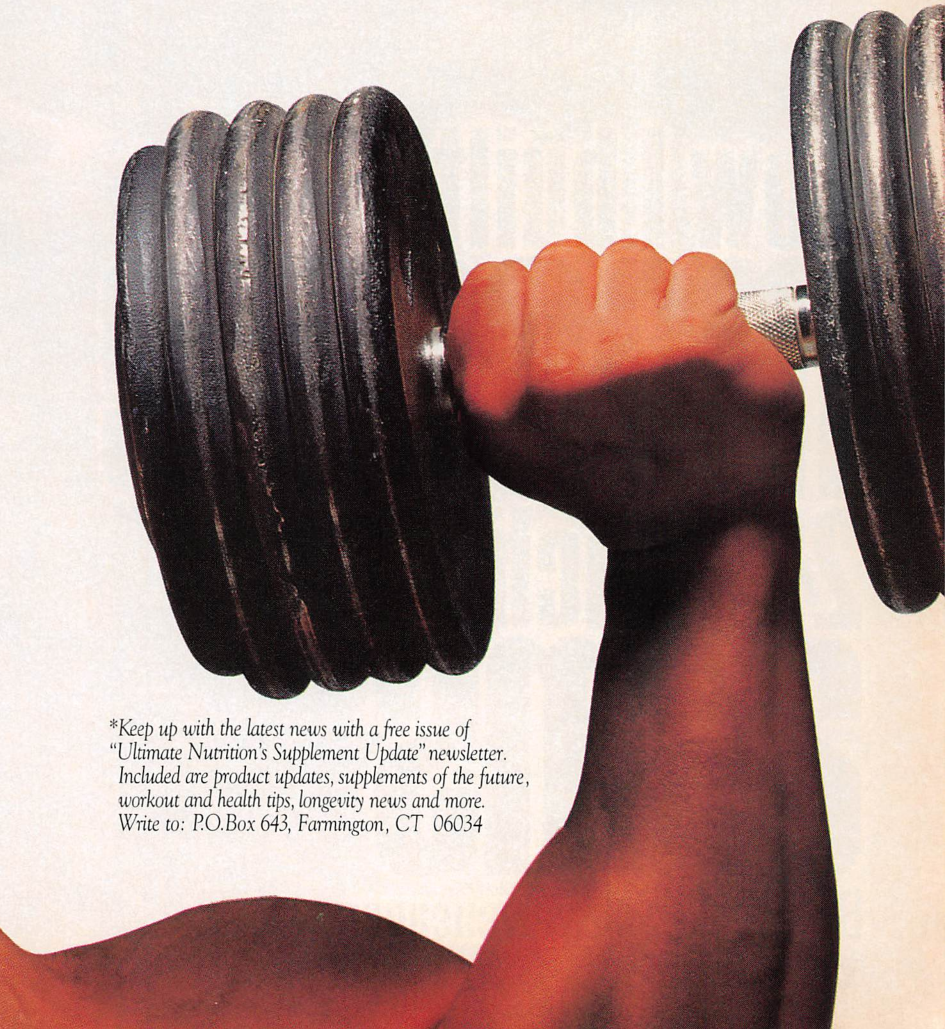
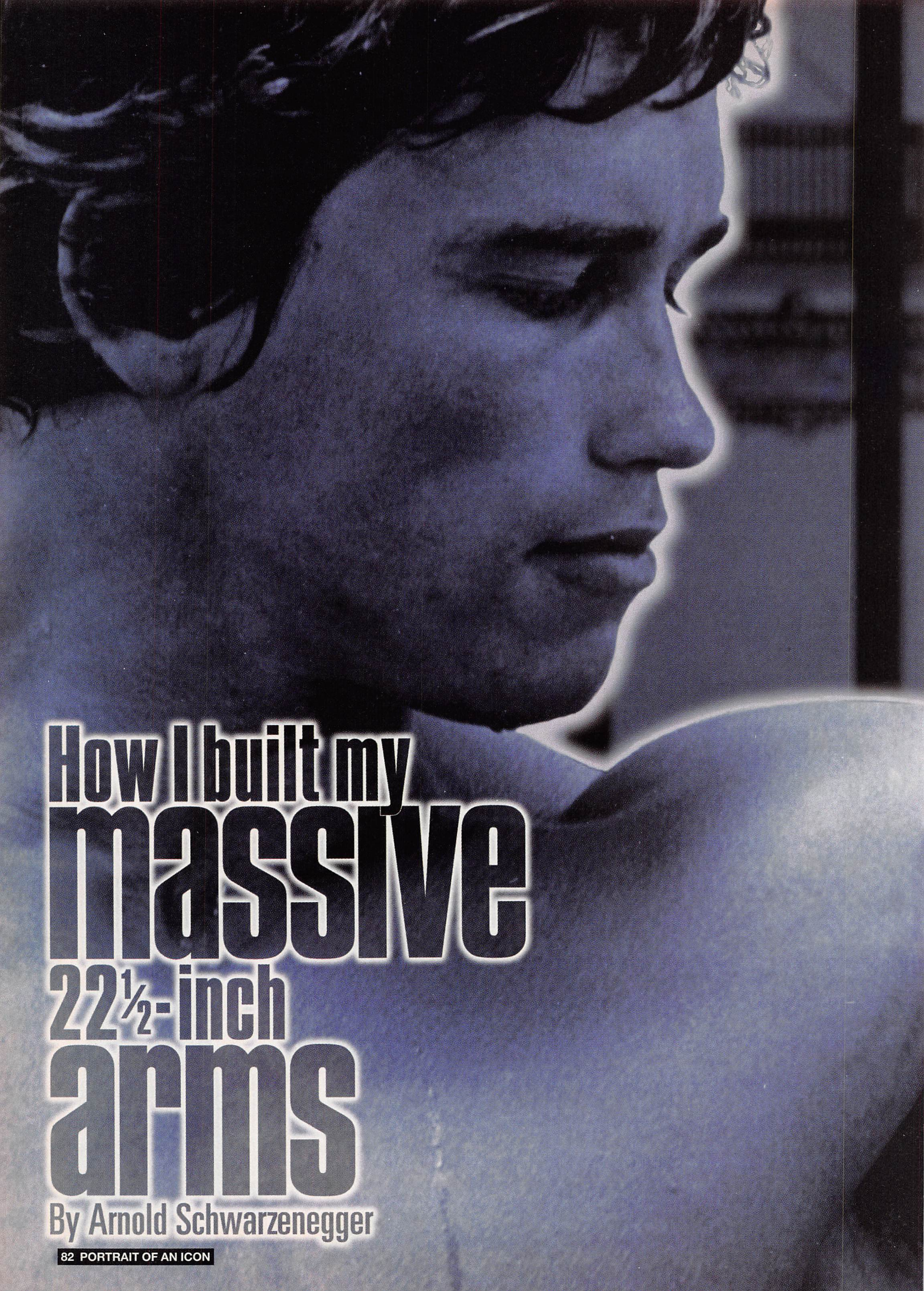
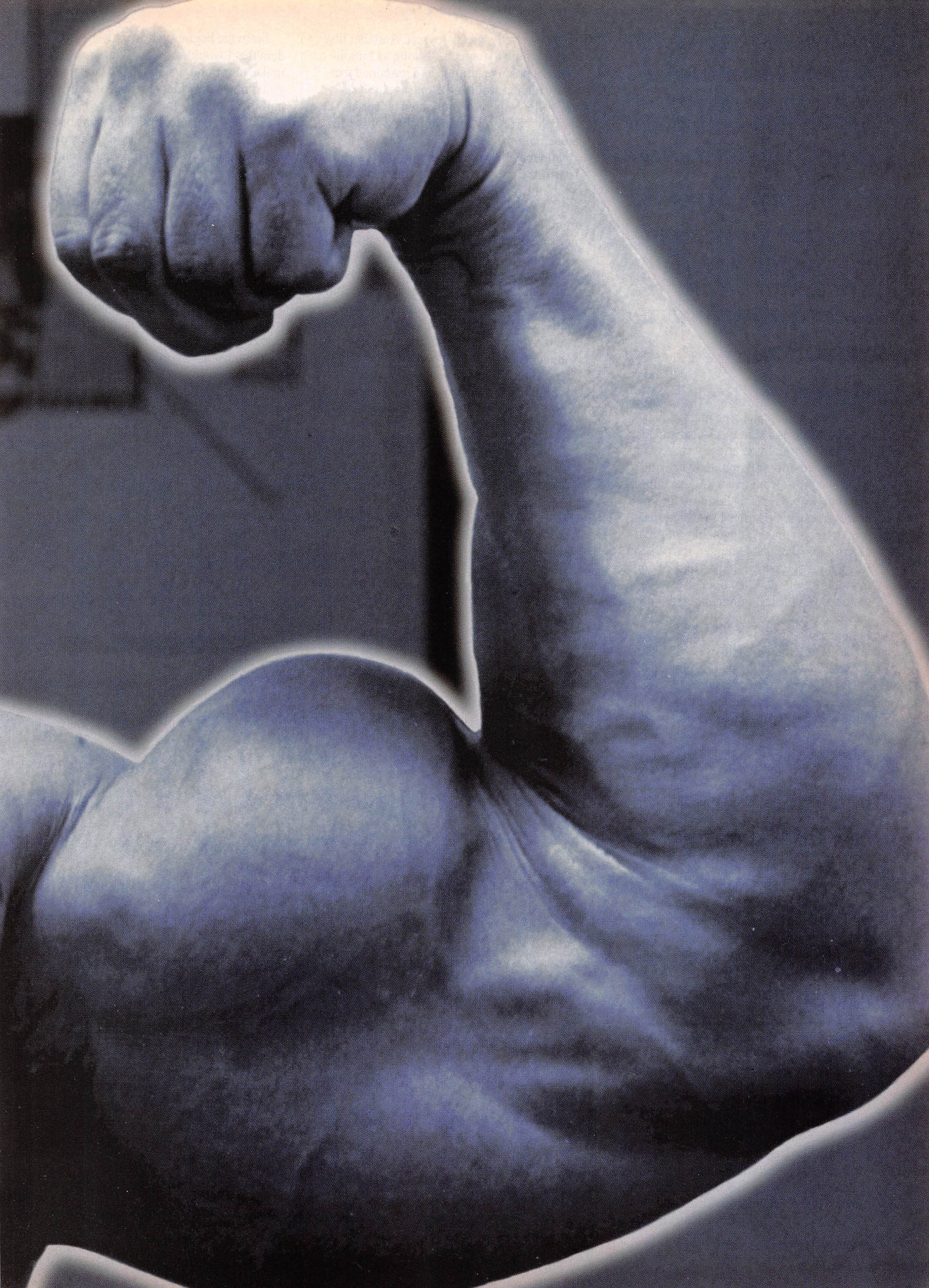


*Keep up with the latest news with a free issue of "Ultimate Nutrition's Supplement Update" newsletter. Included are product updates, supplements of the future, workout and health tips, longevity news and more. Write to: P.O.Box 643, Farmington, CT 06034



# How I built my massive 22½-inch arms

### By Arnold Schwarzenegger



***Has there even been a bodybuilder who did not want huge, well-shaped, muscular arms? I doubt it. More people get into bodybuilding to increase the size and development of their arms than for any other reason. I was no different.***

When I first became involved in bodybuilding as a skinny 15-year-old kid in Graz, Austria, I was already six feet tall, but weighed only 150 pounds. My arms were like pipe cleaners. I was determined that they would not stay that way for long, however, especially after I saw pictures in the American muscle magazines of great champions like Jack Delinger, Larry Scott, Ray Routledge, Steve Reeves and, of course, my idol, Reg Park. They opened my eyes to new possibilities. I understood that if they had developed Mr. Universe bodies I could too.

The moment I first laid eyes on Reg in *Muscle Builder* magazine I responded to his massive, powerful physique. He was a monster! Reg was definitely the best bodybuilder for me to emulate. My plan was simple. Reg was huge and powerful, with massive, thickly developed muscles and fantastic arms. I would develop a physique like that someday and become Mr. Universe too – preferably as soon as possible.

Building up my arms, especially my biceps, became very important to me. I had a long way to go to catch Reg Park, but I was raring to go. I was in a big hurry to reach my dream. I had an abundance of passion, unlimited enthusiasm for training and complete confidence in achieving my goal. Somehow at that young age I already understood the power of visualization and of positive thinking. I knew I only had to put in the hours at the gym to make my dream reality. As I explained in my book *Arnold: The Education of a Bodybuilder,* I became obsessed with Reg Park. His physique was the image in front of me from the time I started training. The more I focused on this image and worked and grew, the more I saw the possibility of being like him.

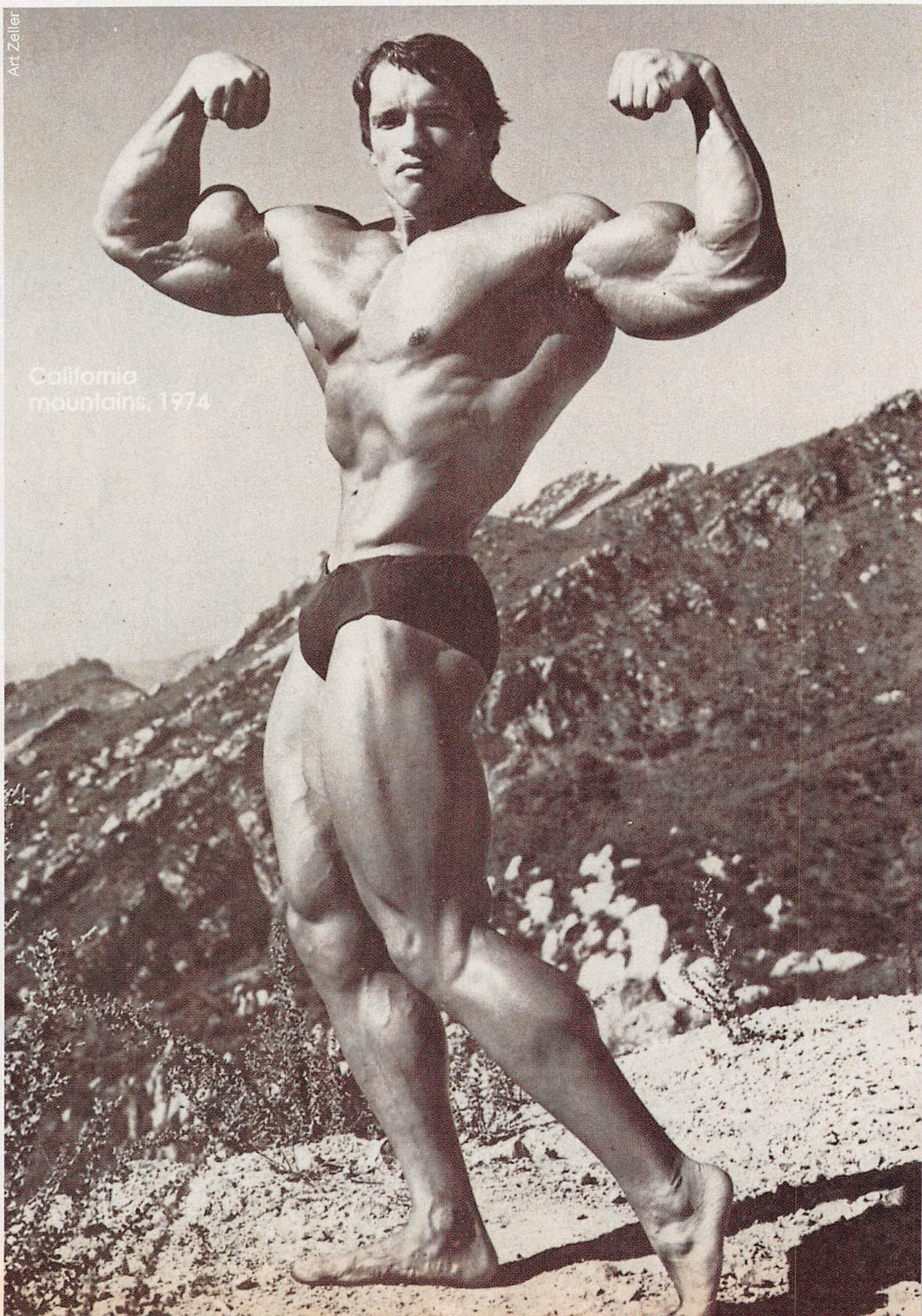
In my mind I had already planned out my entire life – and that included developing a physique like Reg Park's (when he won the Mr. Universe), becoming the best-built man in the world, moving to America, getting into movies, and achieving wealth and fame. Nobody could stop me from achieving those goals – nobody except myself. And that just wasn't going to happen. As long as I maintained a positive attitude and remained true to my plan, it would all come as surely as day follows night. I eliminated negative thoughts from my mind and the words *can't* and *cannot* from my vocabulary.

You may be wondering why, if the topic is arm-training, I am telling you so much about the power of the mind. I will tell you why: Unless you understand the power of the mind in developing your muscles, you will not succeed. The mind controls the body. The body does not control the mind. When the mind is focused on positive thoughts, the body can accomplish great goals. The mind makes you want to train. It turns the body on. Because the mind motivates the body, you have to train it first. If the mind does not want to lift weights, the body will not lift them. If the mind does not want to go through hard, intense workouts, the body will not either. So start with the mind and the body will follow.

From the beginning I was always confident that I would succeed . The secret is to make your mind work *for* you – not against you. I now know that having that ability was half the battle.

Now let's get into arms. My arms became as big and developed as they did because I never put limits on myself. When I trained my biceps, I didn't see them as flesh and blood but as mountain peaks. In doing curls I imagined my biceps swelling and filling up the entire gym. This visualization was essential if I was to gain the amount of mass and size necessary to win the Mr. Olympia title. If I had thought there were physical limits to the potential size of my arms, I'm sure they would never have gotten as big and muscular as they ultimately did. It's the mind thing again.

You must have confidence in your routine, the exercises you perform, and your God-given talent to develop muscle. When I trained in Austria and Germany before coming to America, my biceps routine consisted



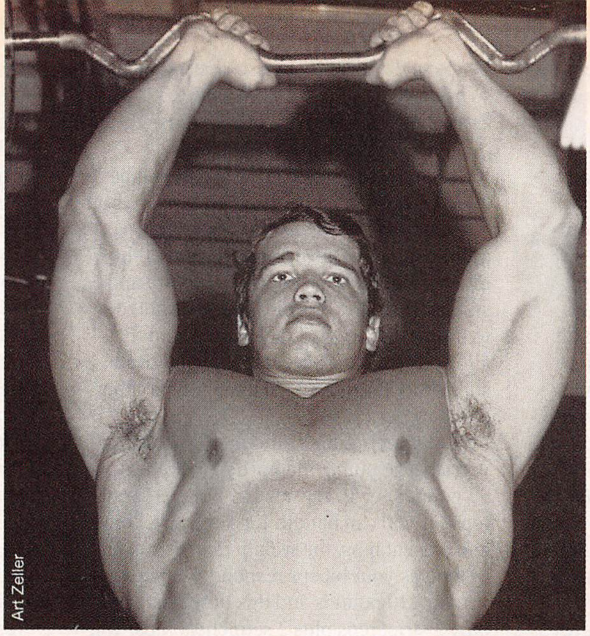
Art Zeller

California mountains, 1974

primarily of four exercises – cheating barbell curls, Zottman curls, incline dumbell curls (Reg Park's favorite biceps exercise), and one-arm concentration curls. I was confident that these exercises would best help me to develop huge, thick, full, peaked biceps. Having so much confidence that I was doing the best exercises eliminated any doubts or negative feelings I might have had. I trusted that these were the best biceps exercises for me, so I had much more enthusiasm and positive energy when I trained. They were the tools that were going to help me to create the arms I wanted.

Eventually I developed very good peak and arms that measured over 20 inches. When I first came to America I trained at Vince Gironda's gym for a while before switching over to Gold's Gym. Everybody did preacher curls at Vince's because that was the exercise Larry Scott had used almost exclusively to develop his amazingly huge, thick 20-inch arms. Larry was a two-time Mr. Olympia winner, and almost an icon at Vince's. Naturally I tried preacher curls too. I reasoned that if they worked so well for Larry, surely I could grow from them also. But preacher curls did not work well for me at first. My biceps just did not respond as well as they did with my usual tried and trusted movements. I did not feel them pumping up and responding the way they did with my regular biceps exercises. This lack of results created some doubt in my mind as to the effectiveness of preacher curls, so they never became a regular part of my biceps-training.

I didn't totally eliminate preacher curls, though. I still did them from time to time to shock my biceps and to give my lower biceps extra work. In fact, toward the end of my competitive career I actually got to like preacher curls. They just never played a dominant role for most of my career the way Larry Scott built his entire biceps-training around them. I had more faith in barbell and dumbell curls. I'm not advising against preacher curls. Your biceps may blow up on them the way Larry's did. Find the exercises you best respond to – the ones you have the most confidence in – and stick mostly with them.


Art Zeller

**Seated French presses (triceps extensions) with an EZ-curl bar.**

You have to learn about your own body and discover the best exercises for you. Franco Columbu and Ken Waller had difficulty isolating their biceps when doing barbell curls. Their powerful front deltoids would take over and prevent proper biceps isolation. They had to work hard to discover methods that allowed them to isolate their biceps. Using the Weider Arm Blaster to lock their elbows in place was one way of isolating them. Another was to perform a lot of preacher curls with both barbells and dumbells. However, what works well for one champion does not necessarily work well for another. Part of being a champ is discovering the exercises, foods and training methods that work best for you.

Perhaps my biceps grew to become my best bodypart because I trained them the most. I did the most sets for biceps when I first got into bodybuilding. I loved training them. I loved to pump them up until they felt as if they were bursting with blood. I loved to see them bulge and swell. I did not even know there was a muscle group called the triceps for my first whole year of training. I mostly knew pecs and biceps so that is what I primarily trained.

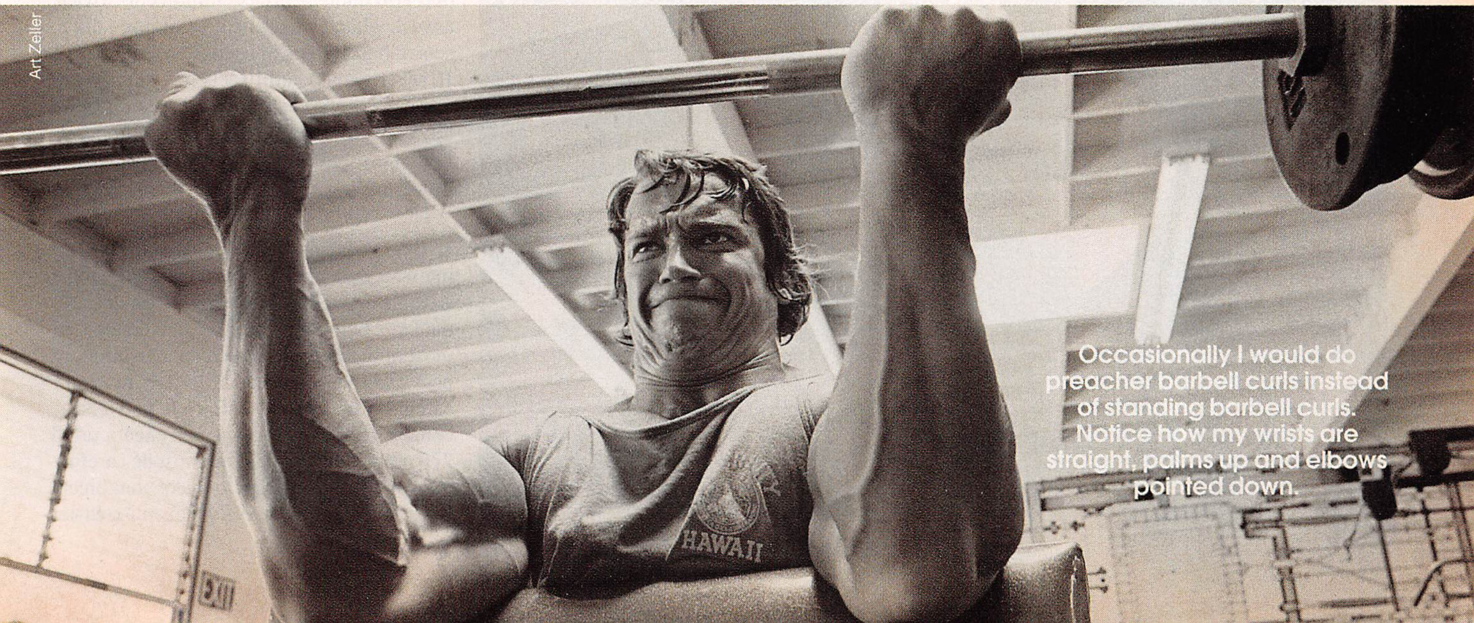
I was always flexing and tensing my biceps throughout the day. This practice gave me a better ability to feel and control them. Even as a novice I had good mind-to-muscle connection because of all the flexing. When I started doing curls with weights, my biceps responded right away.

As a bodybuilder you try to lift a weight through pure muscle action. Work the muscle as hard as possible. You're trying to maintain stress and constant tension throughout the set while keeping the mind in direct contact with the working muscle. At the same time you are tensing and squeezing the muscle, all while firing contraction impulses at it without letting up.

I used to do dumbell curls with 60-pound dumbells. Many times other bodybuilders in the gym came up to me and said, "Arnold, I don't get it. You use only 60 pounds for dumbell curls and your arms are 22 inches. I use 100-pound dumbells when I curl, but my arms are only 18 inches. How come?"

How come? Because for my 60-pound dumbell curls my biceps did all the work. My curls were mostly pure biceps action. When those other guys curled 100-pound dumbells, their legs, back and delts did most of the work. Their biceps did not get much work at all because they did not curl the weight smoothly and strictly. They'd throw it up or clean it up. They cheated so much that their biceps actually got little work. They were doing back curls or delt curls. What's the sense of doing an exercise for your biceps if all the work goes to the delts and back?

When you do curls, do *biceps* curls. When you do pushdowns, extensions or dips, make them *triceps* pushdowns, *triceps* extensions and *triceps* dips. Whichever exercises you're doing, make the mind-to-muscle connection, lifting the weight with pure


Art Zeller

Occasionally I would do preacher barbell curls instead of standing barbell curls. Notice how my wrists are straight, palms up and elbows pointed down.

muscle action. Strive to work the muscle the hardest that you can rather than getting caught up in an ego game of seeing how much weight you can lift. You're a bodybuilder, not a weightlifter. Also, don't focus on counting reps. Just go until you can't do another. Then you're on your way to becoming a bodybuilder.

When is a weight too heavy for proper form? When you lose the feel of the target muscle, and other muscle groups are forced into play to assist in lifting the weight. Here is another well-kept secret of many champs. You can isolate and overload a muscle without doing reps that are 100 percent strict. Most pro bodybuilders train at 85 to 95 percent strict form, depending on the exercise and the time of year (off-season or precontest). Too many novices and intermediates think of cheating and strict training as black and white concepts. They are not. It's not an either/or choice. There is a lot of grey area. Nearly all champions use a bit of body movement when they train. Some, like Bertil Fox and John Brown, use a lot. They prefer to call it "rhythm" instead of cheating. Dave Draper calls it "body thrust." Despite what is so often written, you do not have to be stiff as a robot when you do curls, extensions and other arm movements.

Don't get the mistaken idea that you have to either train strict or cheat. You can do both – and in fact you *should* do both – for maximum gains. You have to teach yourself how much cheating you can get away with and still overload the muscle. When I wanted to train extra heavy, I picked a weight that allowed me 3 or 4 strict reps. Then I used some body movement to pump out another 3 or 4 reps.

Go by feel. Which amount of weight gives you a better pump and burn in the muscle – 95 pounds for 10 reps or 105 pounds for 6 reps? If you can handle 105 for 3 strict reps and 3 cheat reps, the weight doesn't matter as long as your biceps respond. But let's say you try 110 pounds and this time you can get only 2 strict reps plus 2 semicheat reps. You have to cheat so much on the last 2 reps that you lose the feel of the biceps. The last 2 reps are all legs, back and shoulders. In that case you probably would be better off for the time being to stick with 105 pounds. As your strength and development improve, you add a few pounds to the bar whenever you can. When you can get the same biceps pump and exhaustion with 110 pounds, it's time to add weight again. Whether the weight is 95, 110 or 120 pounds is irrelevant. What matters is how well your biceps respond to the weights you are using.

One of the other best-kept secrets about training is that maximum effort is required to make maximum gains. You cannot develop massive, muscular arms without extremely hard, dedicated training. I mean brutally hard training. Each set should be taken to muscular failure and beyond through the use of cheating, forced reps or the stripping-the-bar technique.

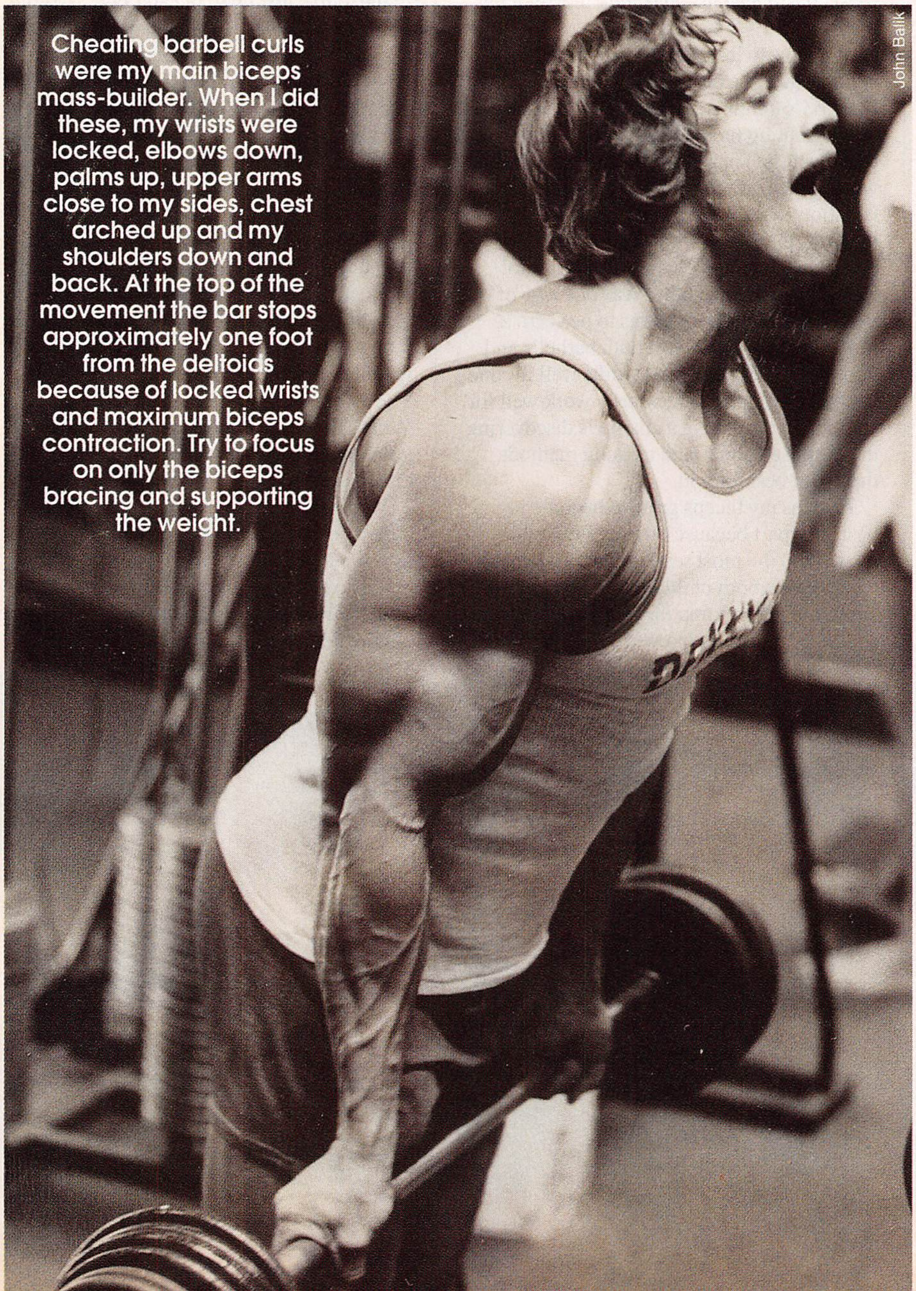
Let's get into the nuts and bolts of my biceps routine. I used to split biceps exercises into two distinct groups – free and restricted movements. In restricted movements the elbows make contact with a solid surface such as a bench, as they do when you're performing preacher curls, or a single elbow does when performing one-arm concentration curls while resting it on the inside of the thigh. When you do free movements – such as barbell or dumbell curls or free-standing concentration curls – the elbows do not come in contact with any surface. I prefer free biceps movements.

Curling exercises for the biceps can also be classified in two different development categories – those for building mass and those for improving shape, peak and definition. When I started out, a clear distinction was made between cheating barbell curls and strict barbell curls. They were two distinct exercises. Cheating barbell curls were thought to be the number-one biceps mass-builder because heavier weights could be used. Strict barbell curls were known more as a shaping exercise. Nowadays people just talk about barbell curls – meaning strict curls.

My two main mass-building exercises were the cheating barbell curl and the incline dumbell curl. My two main shaping and peaking exercises were the alternate supinating dumbell curl and the free-standing one-arm dumbell concentration curl. Twice a week when I was in heavy training I did 5 sets of 6 to 10 reps of each exercise. That's 10 sets for mass and 10 sets for shape, peak and definition. These four exercises generally constituted my entire biceps routine. If I did these correctly, I did not need anything more.

Here is how I performed each movement:

**1. The cheating barbell curl:** This was my main biceps mass-builder. I used extra heavy weights to overload the biceps – especially the large belly of the muscle that creates most of the mass. I worked up to using very heavy weights on cheat curls early in my career. At the 1966 NABBA Mr. Universe contest I came out onstage and cheat-curled 275 pounds for 3 reps. You must be careful, however, that you cheat to make your biceps work harder, not to make the exercise easier.



Cheating barbell curls were my main biceps mass-builder. When I did these, my wrists were locked, elbows down, palms up, upper arms close to my sides, chest arched up and my shoulders down and back. At the top of the movement the bar stops approximately one foot from the deltoids because of locked wrists and maximum biceps contraction. Try to focus on only the biceps bracing and supporting the weight.

John Balik

Anyone can pick up a heavy bar and heave, swing or toss it up using mostly the legs, delts and back. All that does is deny the biceps work. If you do cheat curls like that, you're just wasting your time and energy. Stick to strict barbell curls instead.

Learning to do cheat curls properly takes time and intelligence. You want to put extra workload on the biceps. You might say there is smart cheating and dumb cheating. Smart cheating is good cheating. Dumb cheating is bad cheating that is good only for the ego, not your muscles. Such training is only about getting a heavy weight up any way you can. It has nothing to do with bodybuilding or biceps-building. Your goal should be pure biceps muscle action.

Never forget that your mind should be focused on making your biceps work hard. Your mind should not be focused on the weights or the bar in your hands. It should be focused on the biceps. You must use intense concentration to make your biceps lift the weight.

When I did cheat barbell curls I started with a grip slightly greater than shoulder width. Lock your wrists. Do not let them bend. At the top of the movement the bar should not fall into the shoulders, as this relaxation takes tension off the biceps. If you keep your wrists locked the bar cannot touch the shoulders because your flexed biceps will stop it.

Besides your wrists, be conscious of your elbows. Keep them close to your sides throughout the exercise. When the weight is too heavy, the elbows tend to come away from the body and the shoulders dip down and forward to assist in lifting it. Keep your elbows pointing mostly downward throughout the entire range of motion, and your biceps will be forced to do most of the lifting.

With the bar at arms' length I would nudge it into motion with a slight body movement. Notice that I said nudge, not throw, heave or bounce. A cheat curl is not a clean. It's still always first and foremost a curl. Nudging the bar into motion gave me a little momentum to help me drive it past the sticking point. If you do it correctly, the cheat curl should be all biceps short of a few inches from halfway to full contraction at the top. You have to really concentrate on making the biceps do most of the work.

If you keep your palms facing up throughout the movement, with your chest arched and your shoulders down and back, you should have a feeling of being under the weight as the bar comes up. Even though there is a natural tendency to lean back slightly on the cheat curl, always try to keep the elbows in tight to the body and pointing down. Do not let them flare out to the sides or go back or forward. If you study any photographs of me doing barbell curls or standing dumbell curls, you will notice that my palms remain up and my elbows down through almost the entire range of motion.

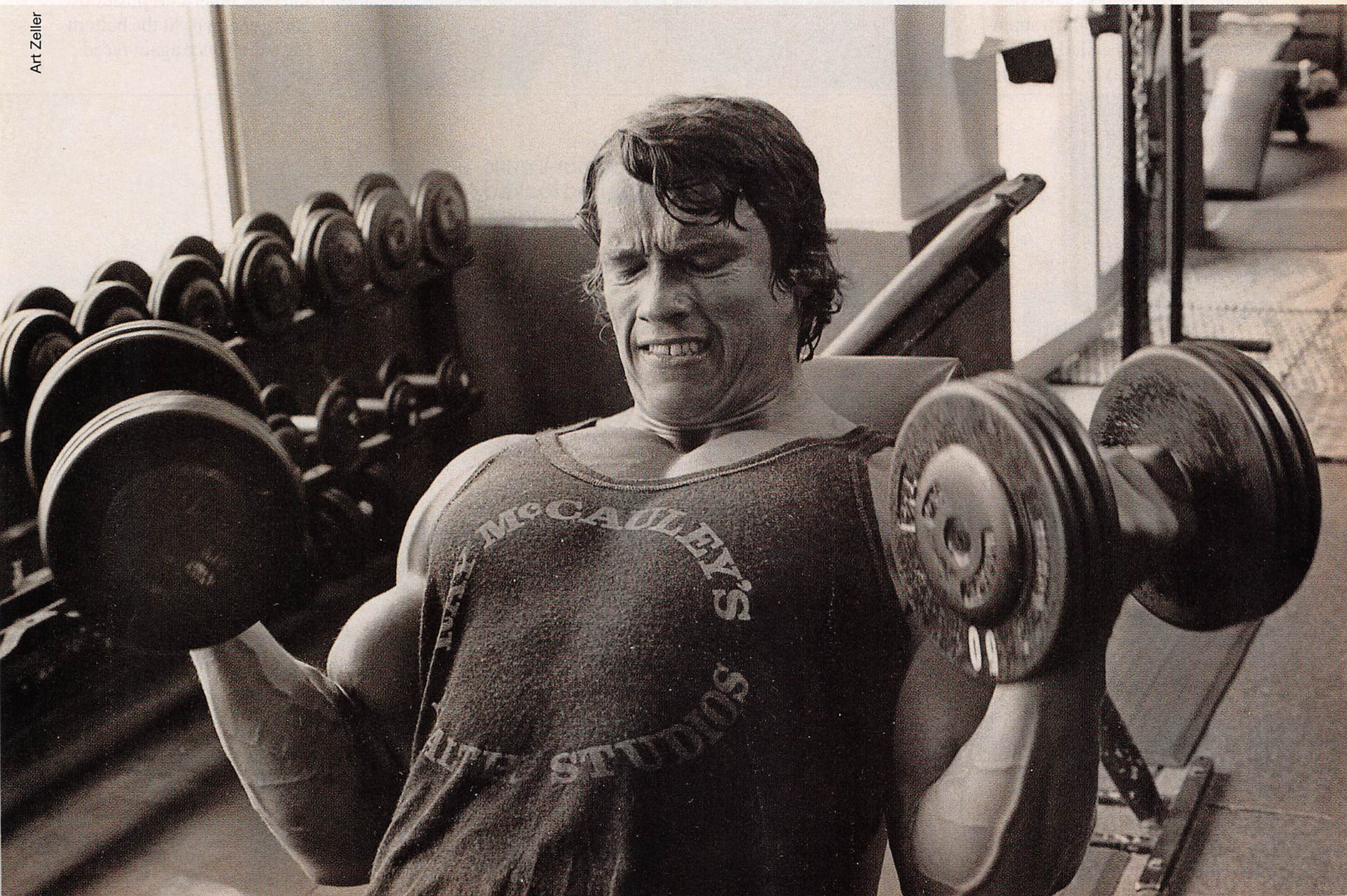
A common mistake made by novice and intermediate bodybuilders when doing cheat curls is to lift the bar with a shrugging motion of the traps and with the strength of the front delts. To prevent this practice, keep your chest high and your delts low. Curl the bar with the biceps in an explosive up action, and then slowly lower it back to the starting position. Don't just let the bar drop because you negate negative resistance.

I suggest that you pyramid up in weight each set as the reps come down. Your five sets might look like this: 1 x 10, 1 x 8, 1 x 6, 1 x 5-6. Your last set should be your heaviest. Try to have a training partner assist you in a forced rep or two by placing a finger under the bar on the last couple of reps.

**2. Incline dumbell curls:** This was my second mass-building exercise. Incline dumbell curls were a favorite of both Steve Reeves and Reg Park. I'd lie back on an incline bench set no higher than 45 degrees. I preferred a low angle because it permitted the biceps to fully extend at the bottom of the curl while still remaining under tension. The farther you extend the arms back, the stronger the stretch on the biceps. A basic rule of exercise physiology says that the more a muscle is stretched and under tension at the beginning of a movement, the harder it can contract at the finish. As well, a greater number of muscle fibers is involved in the contraction of the muscle. These factors add up to more muscle growth.

As with the barbell curl, it is important to lock your wrists and keep your palms turned up and your elbows pointing down, not back

**Incline dumbell curls. Again my wrists are straight and locked throughout the whole movement, my chest arched up high and my delts down and back. My elbows were kept close to my body and always pointed down.**



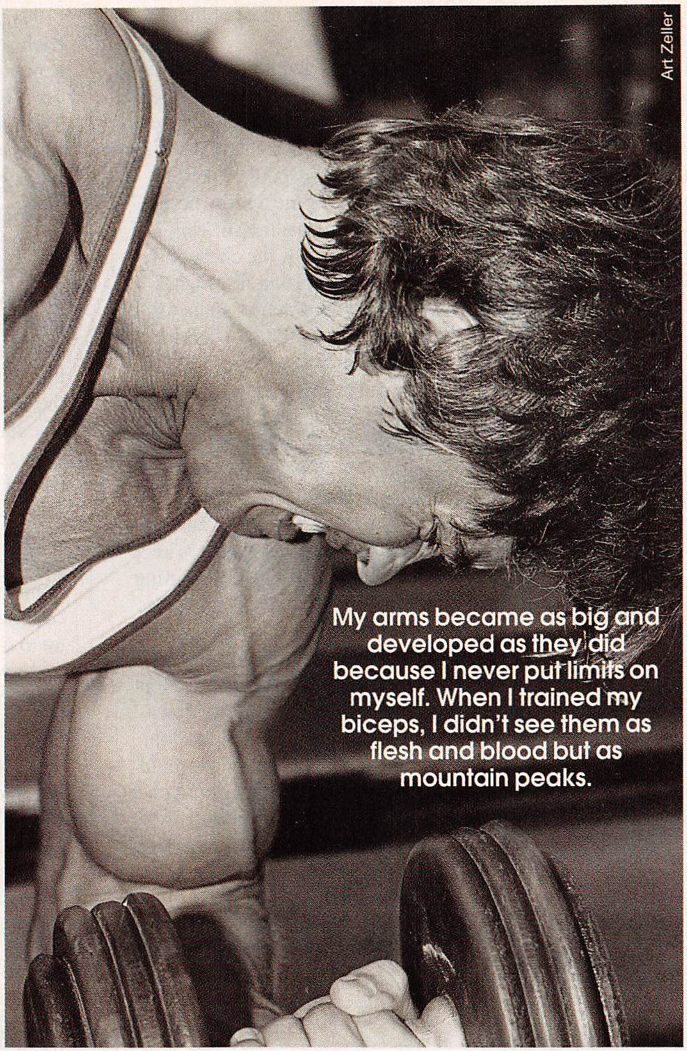
Art Zeller

or forward or flared out to the sides. Try to keep your palms parallel to the floor as the bells are curled up. Do not let your hands turn in.

Start the exercise with the arms straight down and the biceps stretched and under tension. Keep your chest arched and your shoulders down and back. You should have the feeling that your hands are slightly behind your elbows – which are a little forward – in the starting position, placing extra stretch on the biceps.

The natural tendency when doing incline dumbell curls is to lift the dumbells with the front deltoids, not the biceps, or to swing the bells upward. A little trick I learned to help better involve and isolate the biceps is to hold the elbows slightly forward when curling the dumbells. Get that under-the-weight feeling again with the palms of the hands. This sensation is possible only if the palms are facing up and the elbows are tight into the body and pointing down. If you allow your shoulders to move forward, the deltoids will take over. Do not let that happen. Study photographs of me doing incline dumbell curls to pick up the subtleties of this exercise. Curl the dumbells up slowly; do not swing them up. Go for 5 sets of 8 to 10 reps.

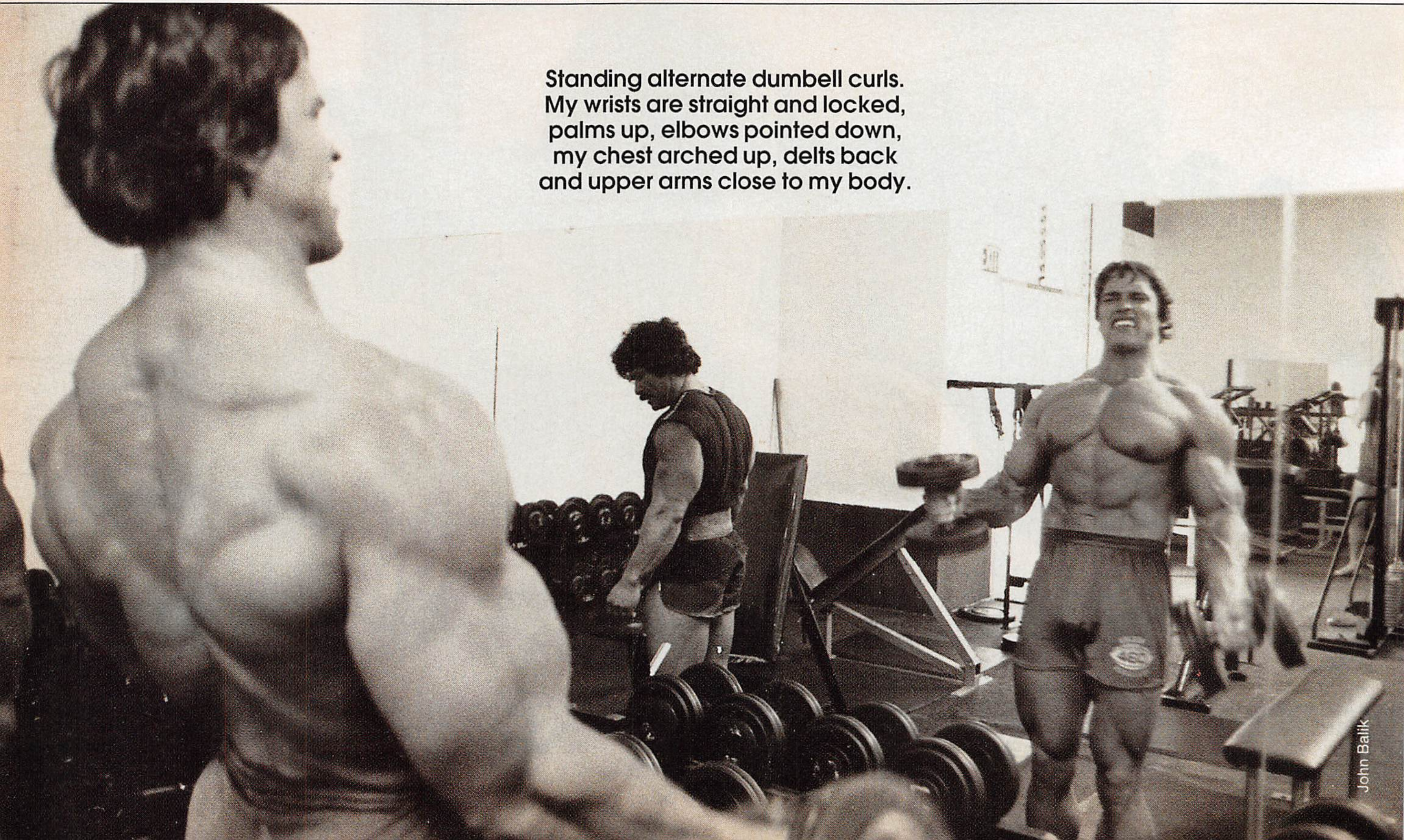
I often did two kinds of incline dumbell curls, the restricted version described above and a supinated style, which I called a three-part curl. Which style I used in any given workout depended on my mood, how my biceps were responding, and whether I felt I needed more mass or more peak. The restricted version gave me more mass, while the supinated version gave me more peak and shape. The choice was purely instinctive.



Art Zeller

My arms became as big and developed as they did because I never put limits on myself. When I trained my biceps, I didn't see them as flesh and blood but as mountain peaks.

When doing the supinated three-part incline dumbell curl, I would start with my arms hanging straight down and my hands slightly behind my elbows, as with restricted incline dumbell curls, but with my palms facing backwards. I began as if I were doing a reverse curl. As always, my chest would be arched up and my shoulders pushed down and back. Being careful not to lift with my deltoids or to swing the dumbells up, I'd slowly curl the bells until they were a few inches below the halfway point. At this time I'd begin to turn my wrists so that my palms faced in towards my thighs. This rotation put my hands in the so-called hammer-curl position at the midcurl point, with the thumbs pointing up. As I continued to curl the dumbells upward, I simultaneously continued to turn my wrists. Past midpoint my palms faced up. Once I reached the fully contracted position, I'd feel a cramping sensation in the outer head of my biceps. I'd pause briefly to tense and squeeze the biceps and then slowly return to the starting position, hitting the same hammer-curl position halfway down. At the bottom my palms once again faced backward.



Standing alternate dumbell curls. My wrists are straight and locked, palms up, elbows pointed down, my chest arched up, delts back and upper arms close to my body.

John Balik

I liked this version of the incline dumbell curl because it involved more lower biceps and more brachialis, while at the same time developing peak. It allowed me to work more parts of the biceps with a single curling movement.

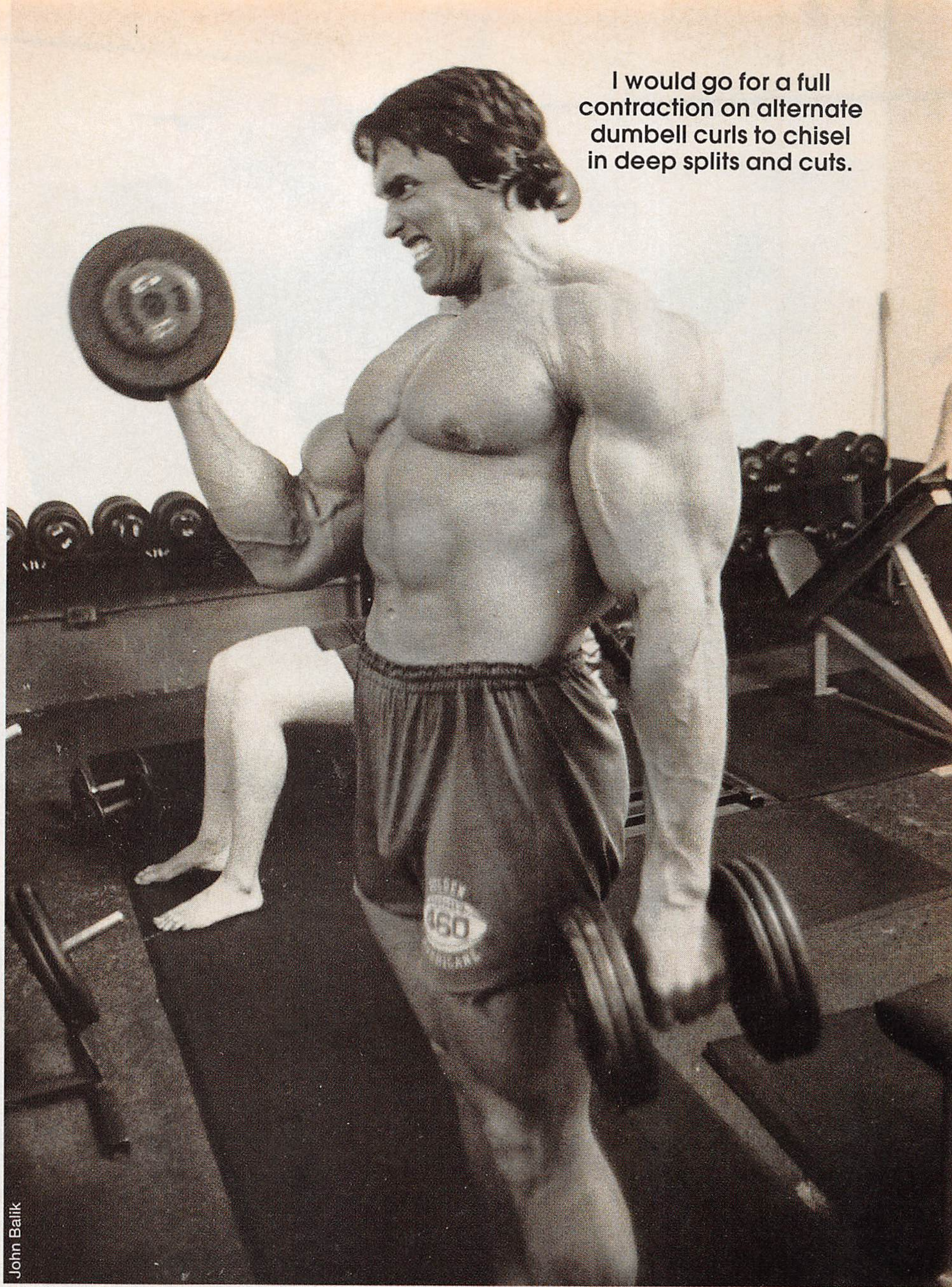
With the mass-builders out of the way, I'd go on to my shapers and peakers.

**3. Standing alternate dumbell curls:** This is a great biceps exercise because it really allowed me to isolate the biceps well. I could supinate my wrists as with the supinated incline curl and squeeze the biceps very hard in the fully contracted position for extra peak. If you do this movement correctly, you should feel a little cramping in the outer heads of the biceps as you twist your wrists and force your little fingers higher than the thumbs.

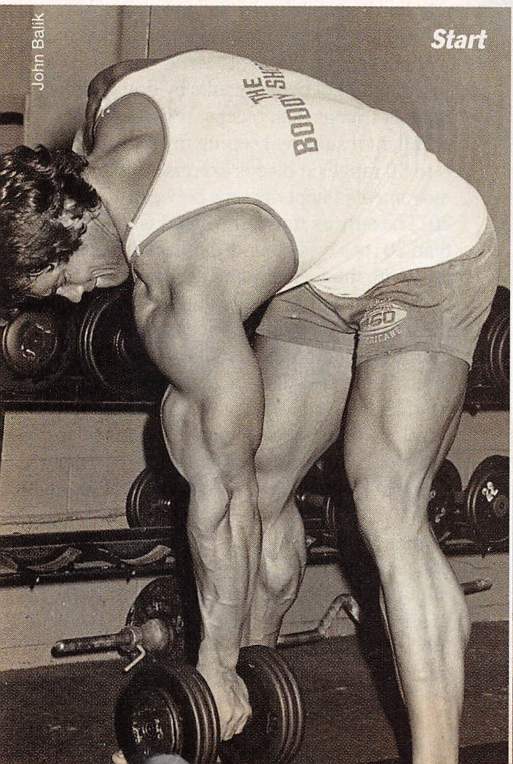
Some people like to start with the dumbells hanging down and the palms facing in toward their thighs. As the bells reach halfway, they turn their wrists so that the palms face up. Then as the biceps reach the fully contracted position they continue to twist their wrists as if trying to touch their little fingers to the outsides heads. I liked to start with the dumbells facing backward and do a complete rotation of my wrists over the full range of motion.

There is always the danger of swinging the bells up or lifting with the traps and deltoids if the dumbells are too heavy for proper form. You'll know your form is off if you lose the feel of the biceps, or if the elbow or the front delt is allowed to move forward. Remember, only the forearms move. The elbows stay pinned to the sides of your body and point down throughout the exercise. Until you get the action down, I suggest you practice with only moderately heavy dumbells. Do 5 sets of 8 to 10 reps.

**4. The free-standing one-arm dumbell concentration curl:** This is a fantastic exercise for giving peak to the biceps.


I would go for a full contraction on alternate dumbell curls to chisel in deep splits and cuts.

John Balik


Start

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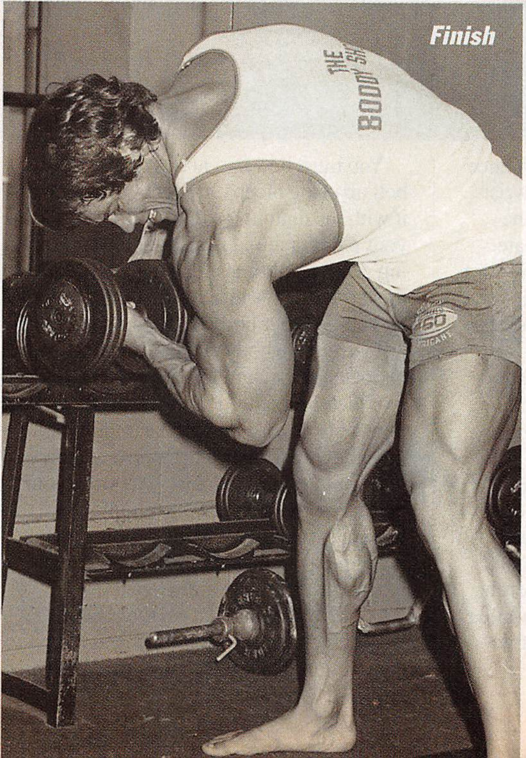
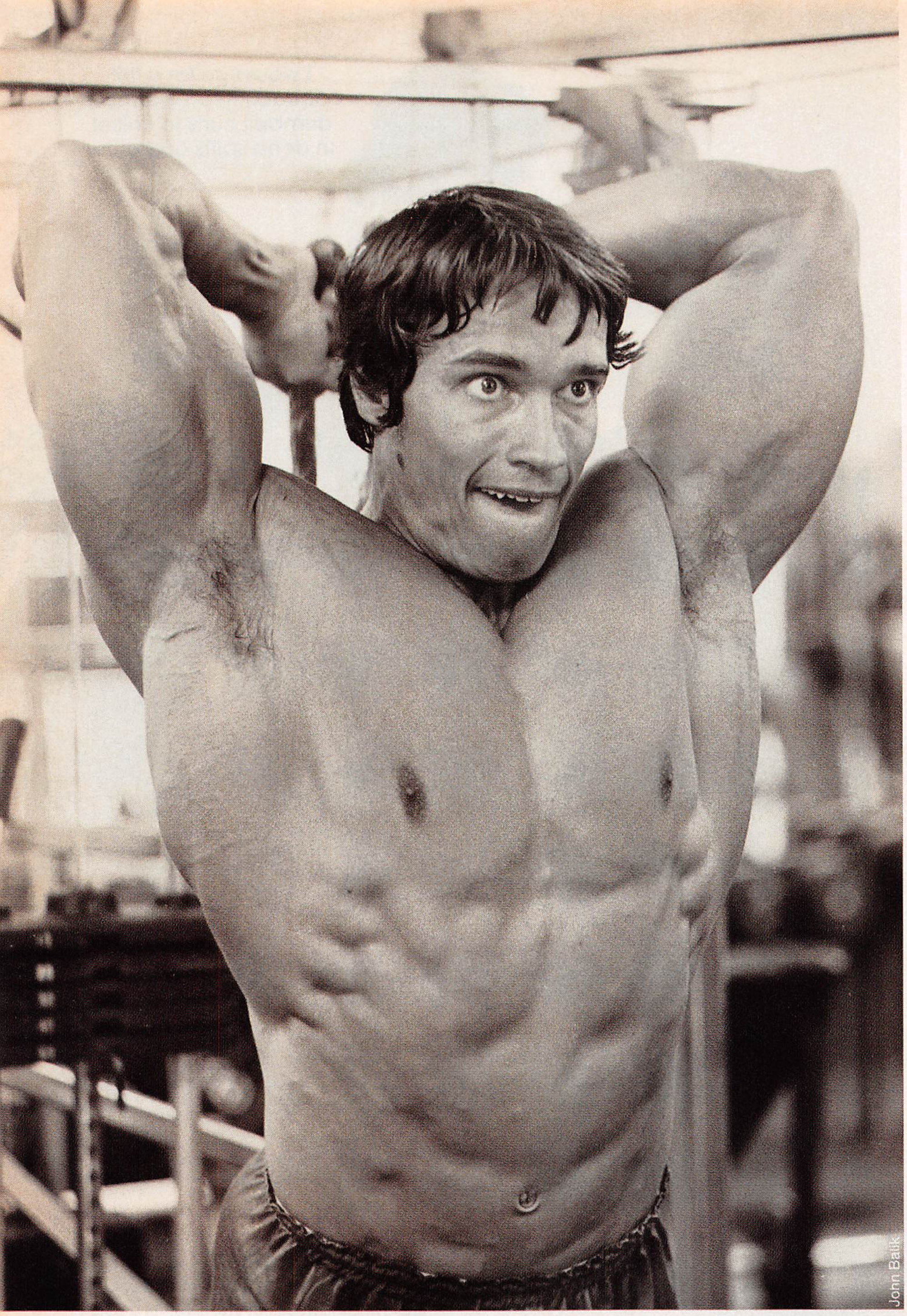

Finish

When doing concentration curls, keep the elbow pointed down, the wrist turned out, and opposite shoulder high. Curl to a point in front of your head.

Many people do their concentration curls while seated on a bench and anchoring the elbow of the working arm on the inside of their knee. This version does not allow for as much cramping/peaking action of the biceps as the free-standing version does.

While the concentration curl might seem simple to do, proper performance of it is actually very difficult. Each curl is critical, so pay special attention to correct technique. Study photographs of me doing the exercise. Start by bending over at the waist with the dumbell hanging straight down in your right hand. Support your upper body by



**Triceps extensions using a rope attachment from a low cable pulley.**

John Balik

bracing your left hand against your left knee. Before beginning the curl, twist your wrist so that your palm faces back. Extend the right hand beyond the right shin to create extra stretch on the biceps. Most people start their concentration curl with their arm hanging straight down and the palm of their hand already facing upwards. Try this instead. Turn your wrist so that your palm faces back and toward your body. Pull the hand beyond the right leg until the arm is completely straight and the biceps is stretched. Don't forget that the more stretched a muscle is at the beginning of a movement, the harder it contracts at the finish. Since the concentration curl is almost entirely a peak contraction exercise, getting as much prestretch at the bottom as possible is vital for maximum biceps peak contraction.

You must be very careful to curl the dumbell up using biceps strength only, not to lift it with the deltoid. To do this you must keep your palm facing up and your elbow pointing down at all times. The upper arm never moves – only the lower arm. Curl the dumbell across your body but slightly out and away from the body at the same time. Most people curl the dumbell across the body and into their left deltoid. This means they allow their wrist to turn in with the thumb higher than the little finger. This is wrong. You want your wrist to turn out and away from your deltoid, with the little finger higher than the thumb. It is this supinating action – turning the wrist out – that cramps the biceps and creates peak.

As always, you must get that under-the-weight feeling as you curl the weight up to contraction. This sensation comes with practice. You want to feel your biceps brace against the resistance of the weight to take all the stress and tension. Hold in the fully contracted position for a count of two, squeezing and tensing the biceps as hard as possible. You should see the peak of your biceps bulge at the top of the movement if you do it properly. You should also feel a cramping sensation. Then slowly lower the dumbell back to the starting position and curl for as many reps as possible. When you have completed the set, switch arms and do a set for the left arm. Alternate back and forth, altogether doing 5 sets of 10 to 12 reps with each arm.

## TRICEPS

My triceps took a long time to catch up to my biceps out of sheer ignorance. I neglected my triceps totally for the first couple of years of training. I did not realize that two-thirds of upper-arm mass comes from full triceps development. Even up until the time I won my second NABBA Mr. Universe title in 1968, my triceps still lagged behind my biceps. The shock of losing the 1968 IFBB Mr. Universe title to Frank Zane woke me up. Only after I moved to California did I make a point of always doing 5 more sets of triceps exercises than biceps. I wanted to end the rumors once and for all that Arnold had weak triceps.

Early on I learned that with triceps-training you have to be careful not to use too much weight for proper exercise performance and triceps isolation. Sure, you can use some pretty hefty poundage on weighted dips and close-grip bench presses, but if you try to use too much on triceps extensions you end up stressing the elbows. If you go too heavy on triceps pressdowns, you involve the deltoids, pectorals, forearms and even the abdominals. There's a fine but definite line between heavy and too heavy. You have to learn how to train right up to that line without crossing it.

I found I got better results by doing higher reps for triceps than biceps. Whereas I got excellent results by keeping my reps in the 6-to-10 range on biceps exercises, on triceps movements I kept my reps between 10 and 20. The only exercise in which I went higher than 20 reps was behind-the-back triceps dips with the feet elevated in front on a bench. This is a great finishing-off movement to really pump the triceps up.

You have to remember that the triceps has three distinct heads – the long head, the inner head and the lateral head. You can't properly develop all three heads with just one or two exercises. You have to use a variety of isolation movements to obtain complete development. Whereas my biceps routine seldom changed – and revolved around barbell curls, concentration curls and several variations of dumbell curls – for triceps I used a far greater variety of exercises. The triceps movements I enjoyed doing included fixed-bar triceps extensions, kickbacks, one-arm

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pushdowns, lying triceps extensions, one-arm dumbell extensions, dumbell lying extensions, close-grip bench presses, seated French presses, pushdowns, weighted dips, and behind-the-back triceps dips with the feet elevated. I'd pick five exercises per workout from this list and do 6 sets of each movement.

About triceps exercise performance: To lock out or not? This is a personal preference. You should do what feels best and works best. Personally I always got better results by not locking out on triceps extensions, close-grip bench presses, dips or triceps dips. On kickbacks and pressdowns I did lock out as these exercises lend themselves to locking out more than others.

I changed my triceps routine regularly, but here is a sample of how I generally trained triceps. To warm up my triceps and to give them a good stretch, I often began with fixed-bar triceps extensions. Stand in front of a fixed horizontal bar set at waist height. Grasp the bar with a shoulder-width overhand grip. Lock your arms out to support your weight, and then move your feet back until you are in a semipushup position and balanced on the balls of your feet. Bend your arms and duck your head under the bar as low as it will go. When you feel maximum stretch on the triceps, press forward with your hands and raise yourself back to the starting position, arms once again locked out. Do 3 sets of 15 to 20 reps as a warmup.

This exercise also makes a great finishing movement. After your triceps are too fatigued to do any more sets of dips, extensions or pushdowns, 2 or 3 sets of fixed-bar extensions are the final icing on the cake that takes your triceps to total exhaustion.

With my triceps warmed up, I nearly always began the workout proper with triceps pushdowns on the lat machine. I'd do 2 or 3 sets of 20 repetitions with a moderately heavy weight to further warm up my elbows and to force a lot of blood into the triceps muscles. I'd keep my elbows pressed into my sides and my hands over the bar, not wrapped around it. I think this is a movement you should do strictly, smoothly, deliberately, using deep concentration. I would push the bar straight down until my arms locked and my triceps contracted. Then I'd slowly return to the starting position at midchest level and mentally prepare for the next rep.

At the completion of 20 reps I'd do 6 half-reps or burns. If I wanted to bomb the upper section of the triceps, I did the burns from the top to halfway down. If I want to target more of the lower triceps, I did the burns from halfway down to full lockout.

I'd put on some extra weight and do 3 or 4 more sets, keeping the reps around 10 to 12. Sometimes I varied the width of the grip to hit the triceps a little differently. The style depended on my mood and what I felt my triceps needed.

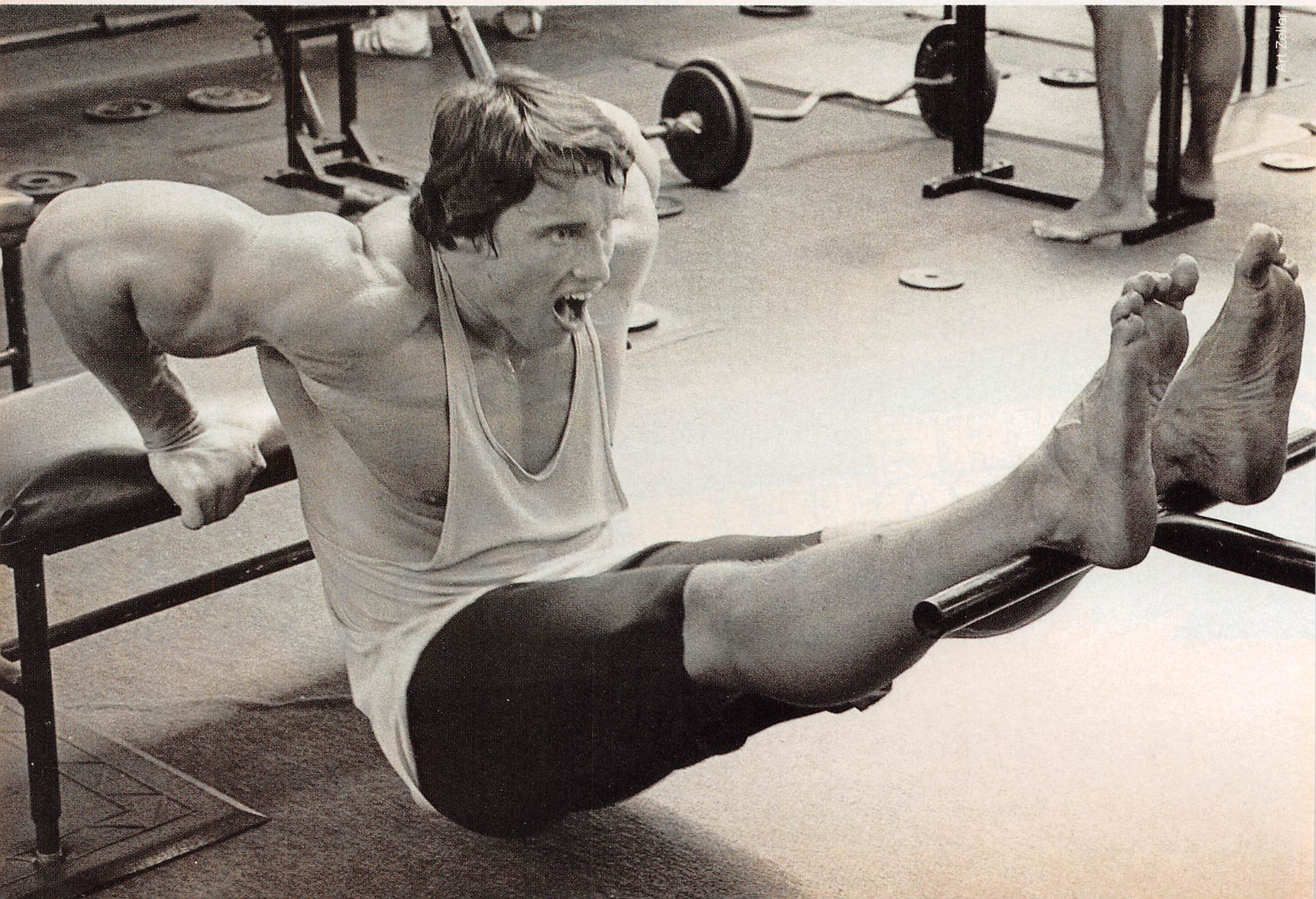
When my triceps were nicely pumped up from the pushdowns, I'd go to seated French presses, doing 5 sets of 12 reps. I preferred to do this exercise seated because I could lean back on a bench – a preacher bench turned backwards is good – for extra back support, which encourages better form. I used an EZ-curl bar and did my sets strictly. I always tried to keep my reps strict and smooth. Making sure to keep my elbows pointing upward at the ceiling, I'd slowly lower the bar all the way down until my triceps felt a strong stretch. Without stopping at the bottom I immediately pushed the bar up about one inch short of full lockout.

Seated French presses might be followed by one-arm dumbell extensions. You have to use a full range of motion and strict form on this exercise to get the best results. Keep your elbow close to the side of your head and pointing up at all times. Do not let it drift off to the side. Lower the dumbell all the way down until the triceps fully stretches. In one smooth movement return the bell to just short of full lockout. Shoot for 5 sets of 12 reps with each arm.

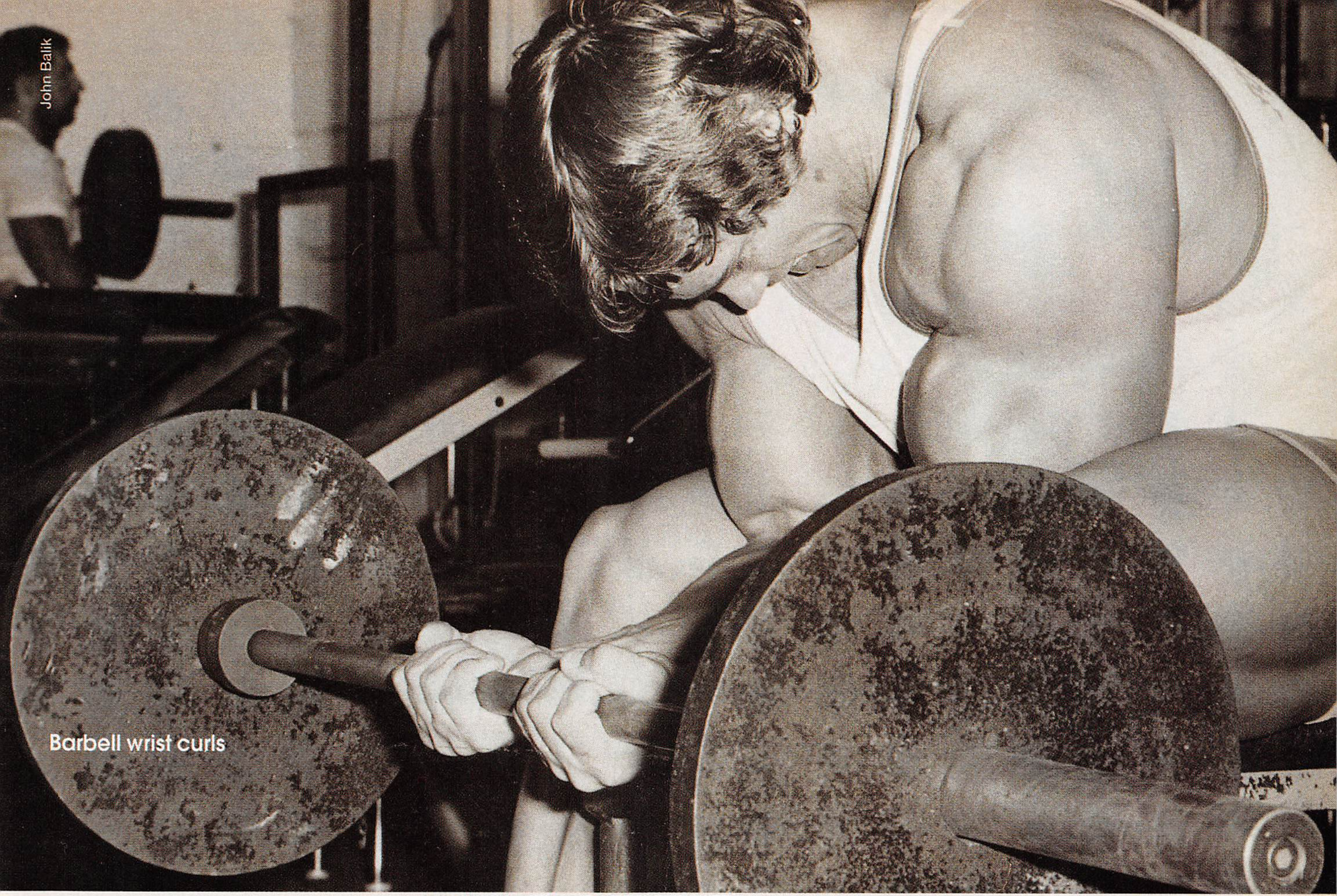
I'd finish by doing behind-the-back triceps dips with my legs propped up in front of me on a bench. These dips would give me a fantastic pump to end the workout. Sometimes I'd have my training partner place a barbell across my thighs as I dipped. When I hit muscular failure he would remove the barbell and I'd continue on to failure once more. What a burn! What a pump! Generally I did 5 sets of 20 to 30 reps.

That would generally be a workout. If I was feeling my oats and felt my triceps needed more work, I might finish off with

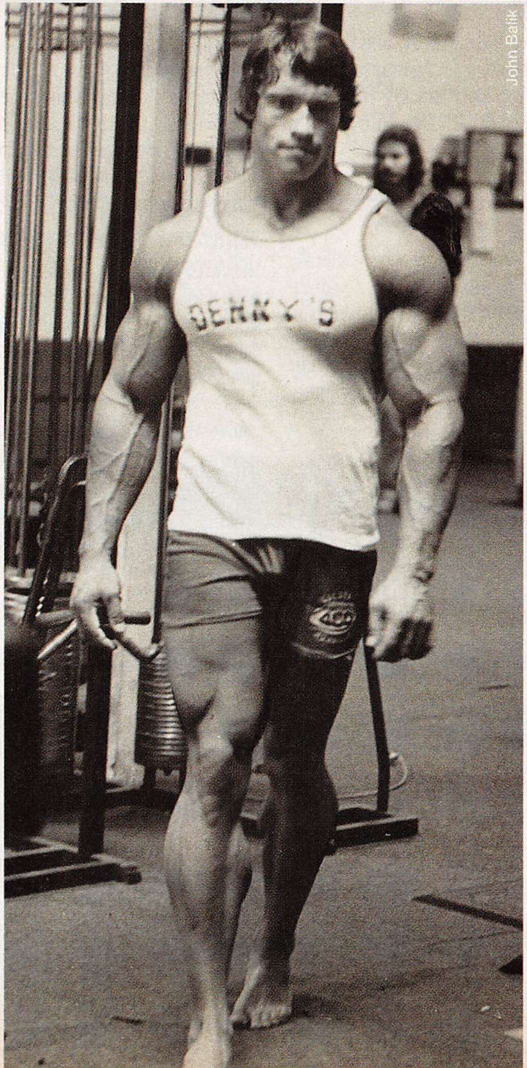
**I'd finish my triceps workout by doing behind-the-back triceps dips. These would always give me a fantastic pump.**



Art Zeller



Barbell wrist curls



5 more sets of triceps pushdowns, which would make for 25 sets of intense triceps work. Some might say this is too much, but I thrived on hard work and lots of intense sets. If each individual triceps head is looked upon as a separate muscle group, the work averaged out to a little more than 8 sets per head.

## FOREARMS

No arm article would be complete without a discussion of forearm-training. Some people are fortunate in that their forearms grow large and full just by gripping the bar hard when doing arm and upper-body exercises. I was not that lucky. As with my triceps, I totally neglected forearms early in my career. My forearms were not small, but they were definitely out of proportion with my upper-arm development. When I came to America and saw the amazing forearms of Chuck Sipes, Bill Pearl, Larry Scott, Dave Draper and Sergio Oliva, I began specializing on them.

My forearm program was generally based on reverse curls and wrist curls, 5 sets for each exercise. I did these every training day, six days a week. Often I'd superset them for 5 sets each to create extra intensity and pump. I took each set to failure until my lower arms were bursting with pump.

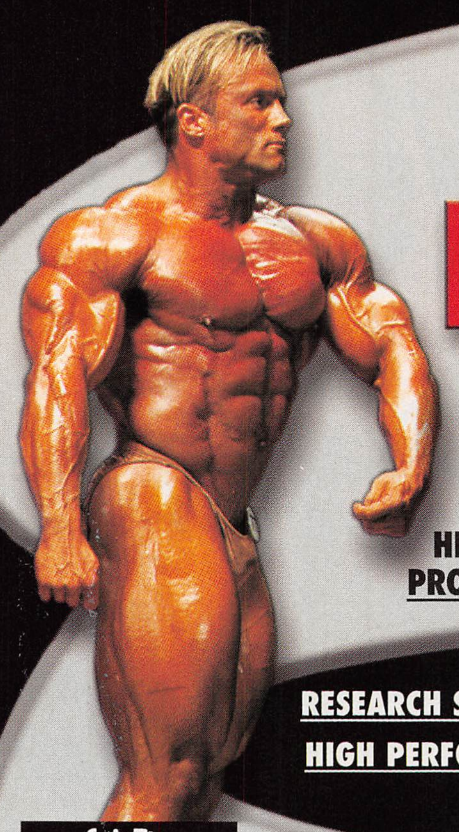
At times I specialized on forearms. On Tuesdays, Thursdays and Saturdays I would do barbell reverse curls for 5 sets of 10 to 12 reps, followed by Scott preacher reverse curls, again 5 sets of 10 to 12 reps. On Mondays, Wednesdays and Fridays I would do barbell wrist curls (letting the bar roll down to my fingertips each rep) for 5 sets of 10 to 15 reps, followed by one-arm dumbell wrist curls for 5 sets of 10 to 12 reps. This latter exercise is a favorite of Dave Draper, who has fantastic forearms.

I followed this specialized forearm program about half the year during the off-season when I trained on a twice-a-day split routine. That way I didn't have to worry about how my forearms were going to look when I got onstage at the Mr. Olympia contest. If your forearms lack size and fullness, I advise you to specialize on them to bring their development up.

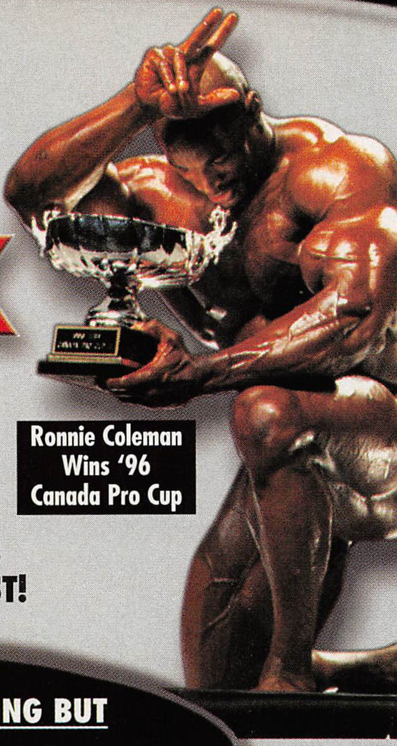
Most importantly, don't put limits on your arm development. Don't believe because your wrist is a certain measurement that you cannot develop large arms. Serge Nubret had wrists under seven inches and yet he succeeded in developing arms over 20 inches. Don't believe because you're short that you cannot develop massive arms. Danny Padilla was short but his arms were amazingly full, hard and muscular.

Picture your arms as you want them to be. Set a goal for developing an impressive pair of arms. Then train like hell to get them. AS

# High Performance MET-Rx WITH HMB



Craig Titus
Wins '96 USA



Ronnie Coleman
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### HIGH PERFORMANCE MET-Rx WITH HMB IS THE SECRET TO SUCCESS!

HIGH PERFORMANCE MET-Rx with HMB provides the most advanced and scientifically proven innovation, combining HMB with the METAMYOSYN® V.2 protein formulation that can benefit anyone, from elite athletes and fitness buffs to people who just want to look and feel better than ever before. HIGH PERFORMANCE MET-Rx with HMB is designed to help you maximize your training, by optimizing nutritional intake, resulting in extraordinary physical gains you will see and feel in just weeks.

### WHAT IS HMB?

HMB is a natural substance, produced daily by the body in the course of natural protein metabolism. It is a metabolite of the amino acid leucine. Leucine is found in all dietary protein and is an essential building block of protein in all tissues. HMB is found in small amounts in some foods such as catfish, citrus foods and also in breast milk. A university study with football players combined 3 grams of HMB per day in conjunction with the METAMYOSYN® protein formulation and exercise, showing results that provided faster growth, increased lean mass and decreased body fat.

### WHAT IS THE METAMYOSYN® V.2 PROTEIN FORMULATION?

METAMYOSYN® V.2 is an enhanced version of the original METAMYOSYN® protein formulation and is specifically designed to work with HMB. It includes a complete milk protein, a protein left in its native state. Because the protein in METAMYOSYN® V.2 is not acid washed or heat treated during processing, its minerals remain attached to the protein. These attached minerals (primarily calcium) leave mineral receptor mechanisms in the intestine intact, allowing them to carry some of the additional minerals included in METAMYOSYN® V.2. These features, when combined with the fact that METAMYOSYN® V.2 is very easily absorbed into the digestive system, make it a more powerful nutrient delivery mechanism.

**HIGH PERFORMANCE MET-Rx WITH HMB IS THE ONLY PRODUCT WITH A PROTEIN DESIGNED TO WORK WITH HMB — METAMYOSYN® V.2**

'97 ARNOLD CLASSIC

## Arnold Classic

**Columbus, Ohio, Feb. 28 - Mar. 2**

**A Schwarzenegger/Lorimer/MET-Rx Presentation**

**MET-Rx is a Proud Partner of the Arnold Classic**

Recent excerpt from ***EXERCISE FOR MEN ONLY MAGAZINE***, December 1996, **"THE TRUTH ABOUT HMB,"** reporting on the Iowa State HMB Study:

> **"ONE OF THE THREE GROUPS IN THE STUDY UTILIZED A CONCENTRATED PROTEIN FORMULA, METAMYOSYN®, TO INCREASE THEIR PROTEIN INTAKE. THE COMBINATION OF HIGH PROTEIN PLUS HMB PROVIDED THE GREATEST LEAN MUSCLE MASS GAINS."**

## NO OTHER PRODUCT COMES CLOSE!

Lab analyses completed on other products "claiming" to have significant amounts of glutamine reveal that these claims are simply not true! High Performance MET-Rx with HMB has significant amounts of added GLUTAMINE, LACTOFERRIN and TAURINE.

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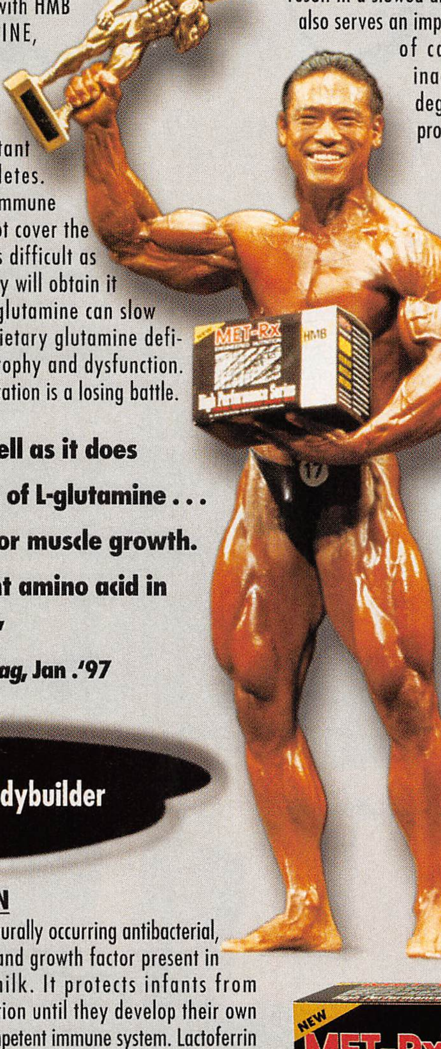
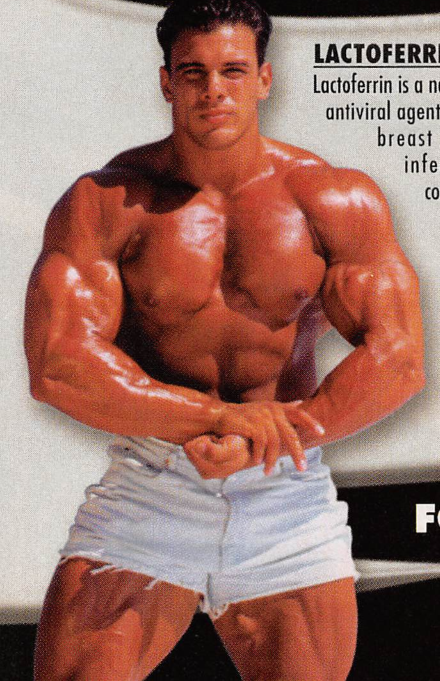
Glutamine is probably the single most important amino acid supplement for dieters and athletes. Glutamine plays a central role in the health of immune and gastrointestinal function. If your diet cannot cover the metabolic need for glutamine, (which becomes difficult as emotional and physical stress increases), the body will obtain it directly from muscle tissue. The depletion of glutamine can slow and even stop muscle growth, but long-term dietary glutamine deficiency results in muscle and gastrointestinal atrophy and dysfunction. Dieting or training without glutamine supplementation is a losing battle.

> **"MET-Rx is believed to work as well as it does because it contains high amounts of L-glutamine . . . the most important amino acid for muscle growth. L-glutamine is the most abundant amino acid in the body and an absolute must!"**
>
> ***MuscleMag*, Jan .'97**



**Chris Faildo Wins '96 Natural Team Universe**

**Frank Sepe, Top NPC Bodybuilder**



### LACTOFERRIN

Lactoferrin is a naturally occurring antibacterial, antiviral agent and growth factor present in breast milk. It protects infants from infection until they develop their own competent immune system. Lactoferrin binds to iron and delivers it to special receptors in the small intestine and contributes substantially to gastrointestinal health and function.

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Taurine protects intramuscular surfaces from excessive exercise and exercise-related inflammation. Periods of over-training, illness or other stress can deplete muscle stores of taurine and result in a slowed and impaired recovery. Taurine also serves an important function in the regulation of calcium in muscle. If taurine is inadequate, calcium regulation in muscle is degraded, muscle protein metabolism is compromised and the likelihood of tissue loss is increased.

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- THE PRECISE AMOUNTS OF REQUIRED ANTIOXIDANTS, 250% OF VITAMIN C DAILY REQUIREMENT AND 670% OF VITAMIN E DAILY REQUIREMENT
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- ONLY 260 CALORIES
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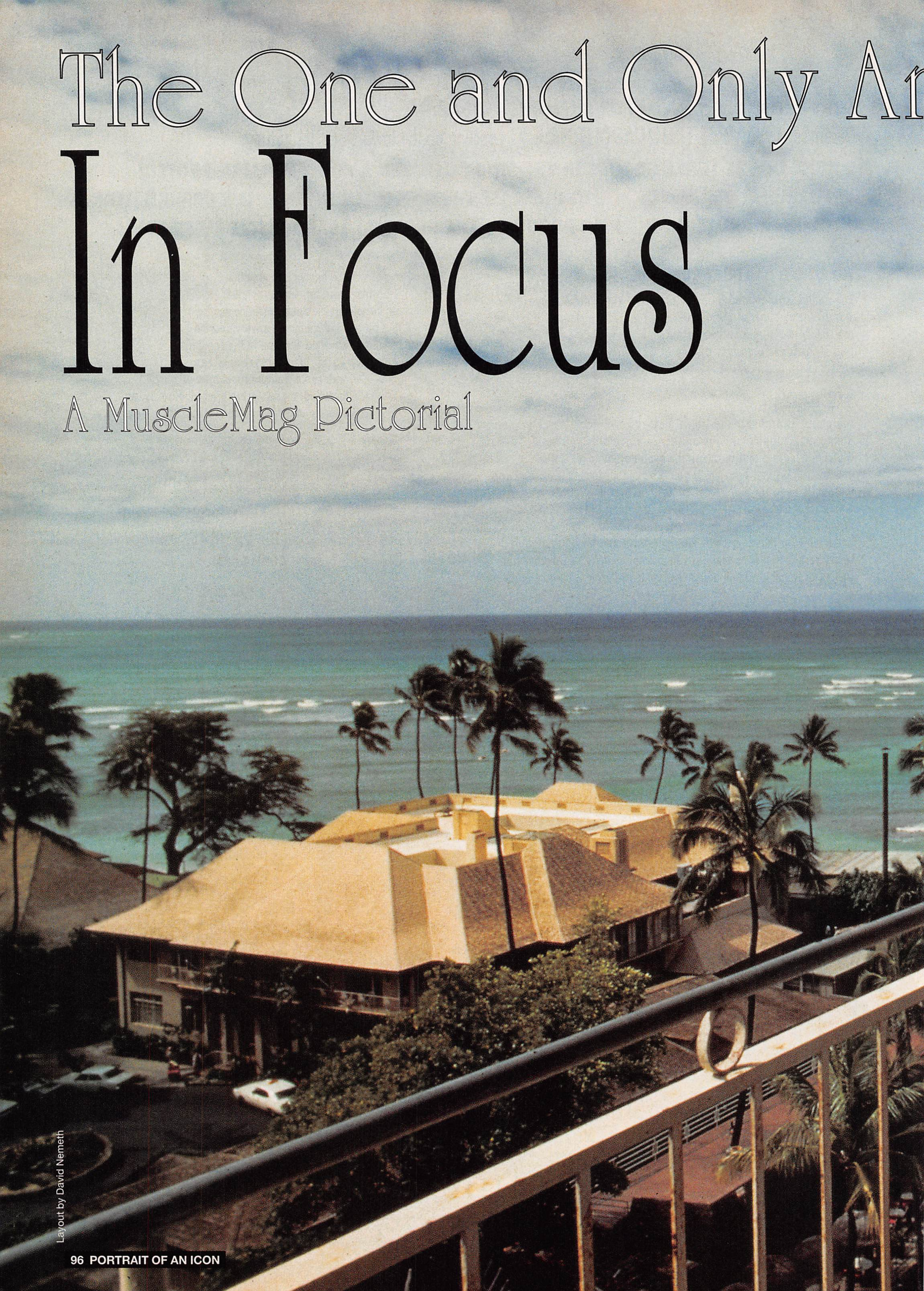
# The One and Only Ar

# In Focus

## A MuscleMag Pictorial



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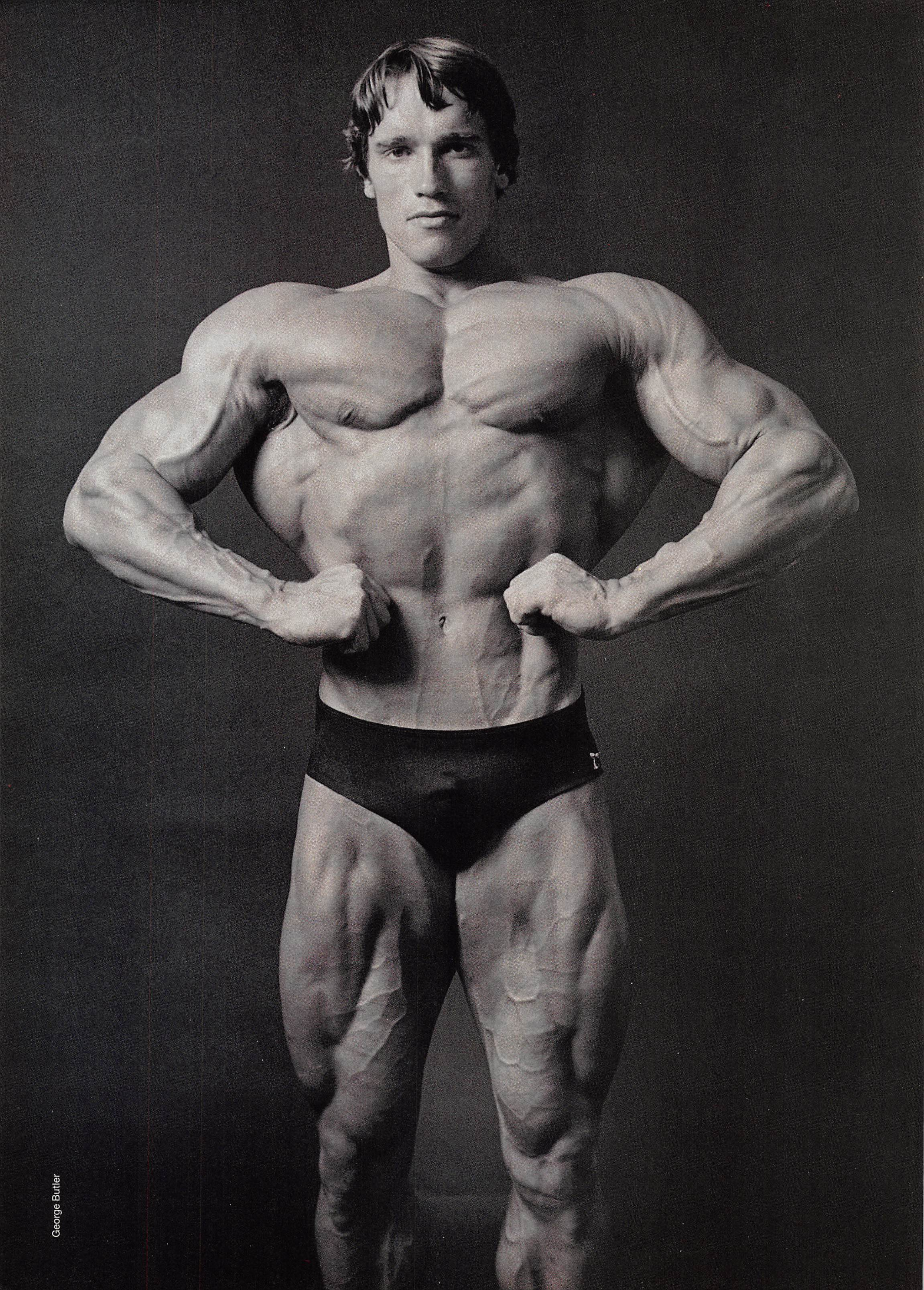
# nold Schwarzenegger

Art Zeller


George Butler

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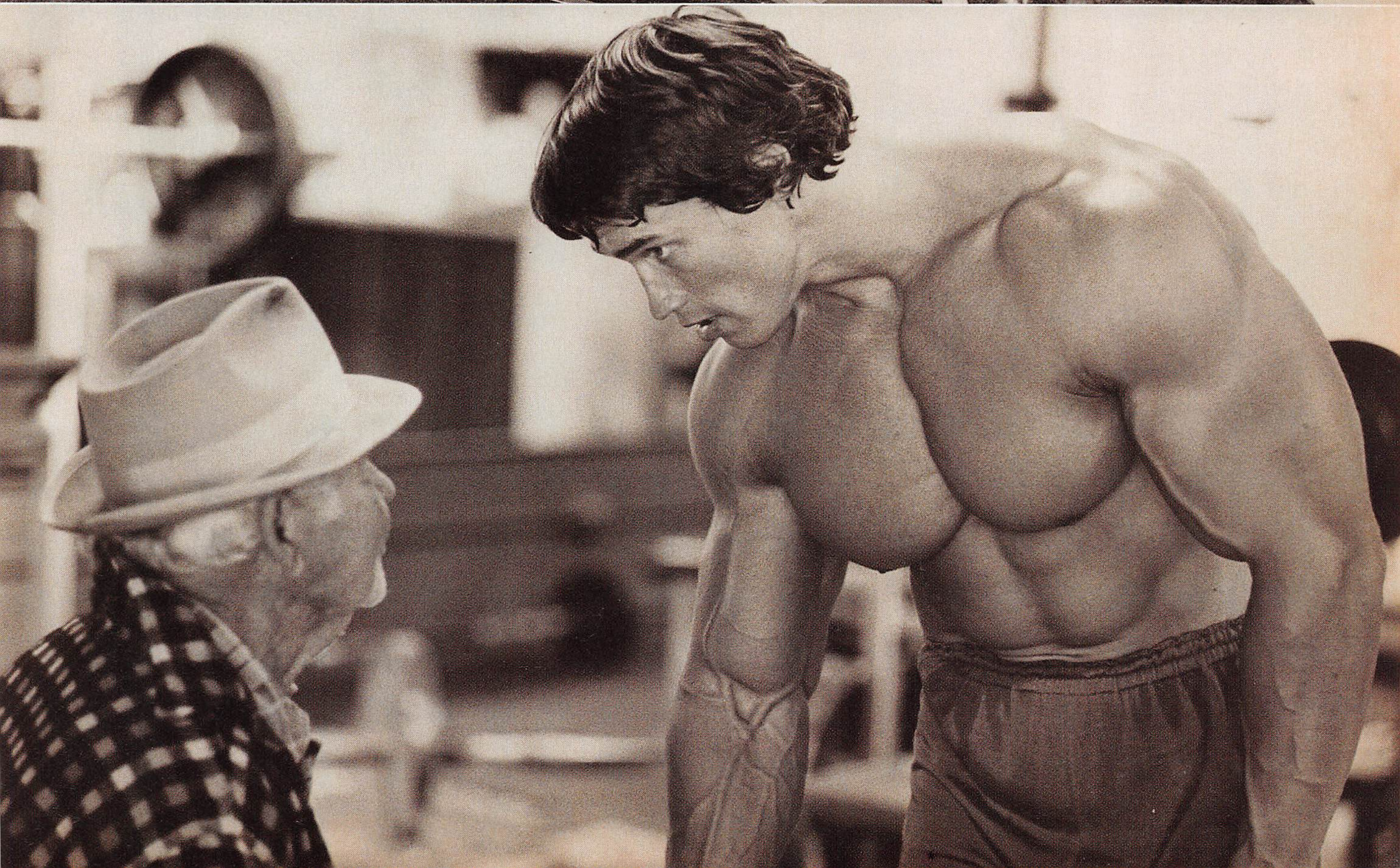

George Butler

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Ocean Front Walk

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Douglas White

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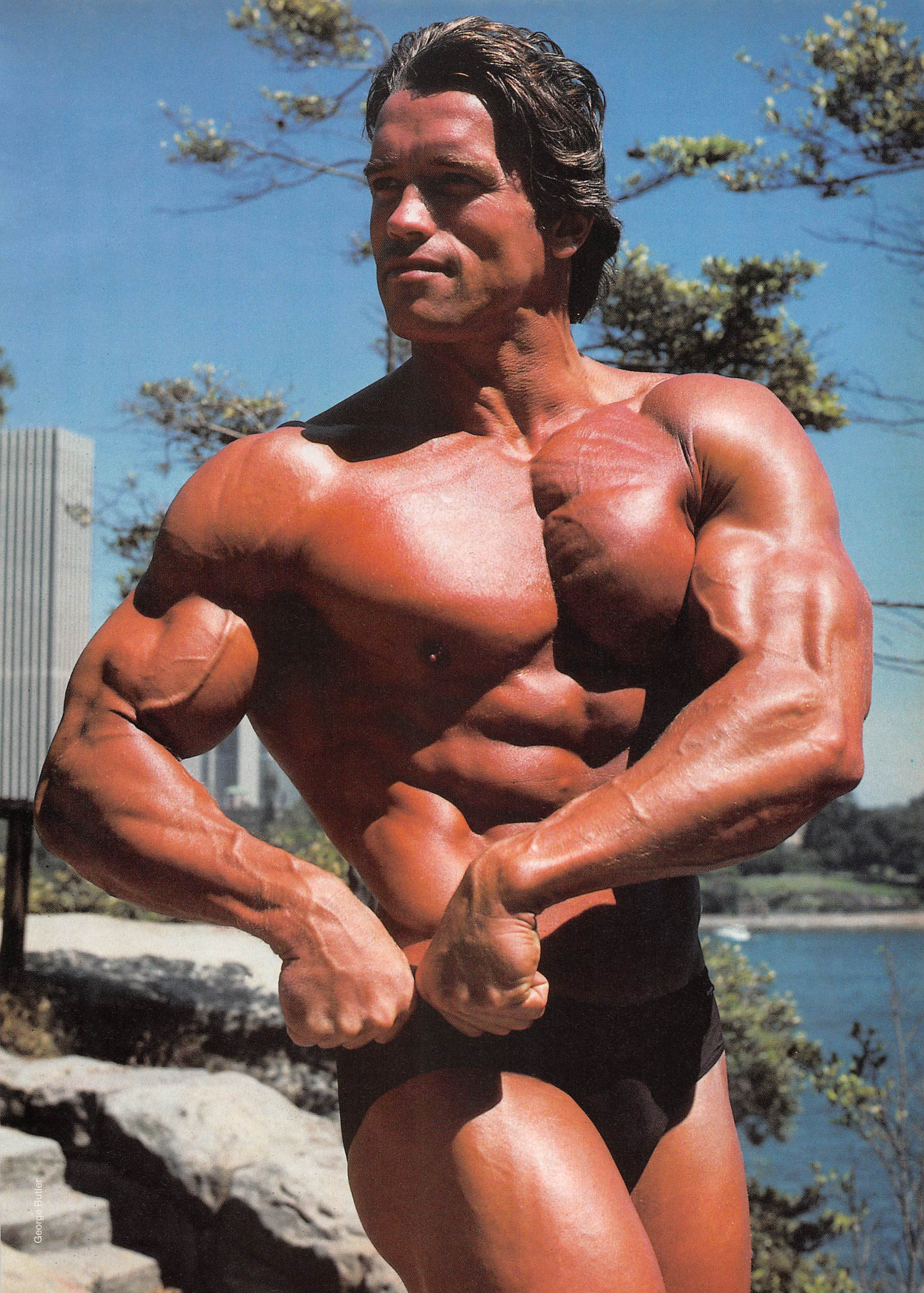

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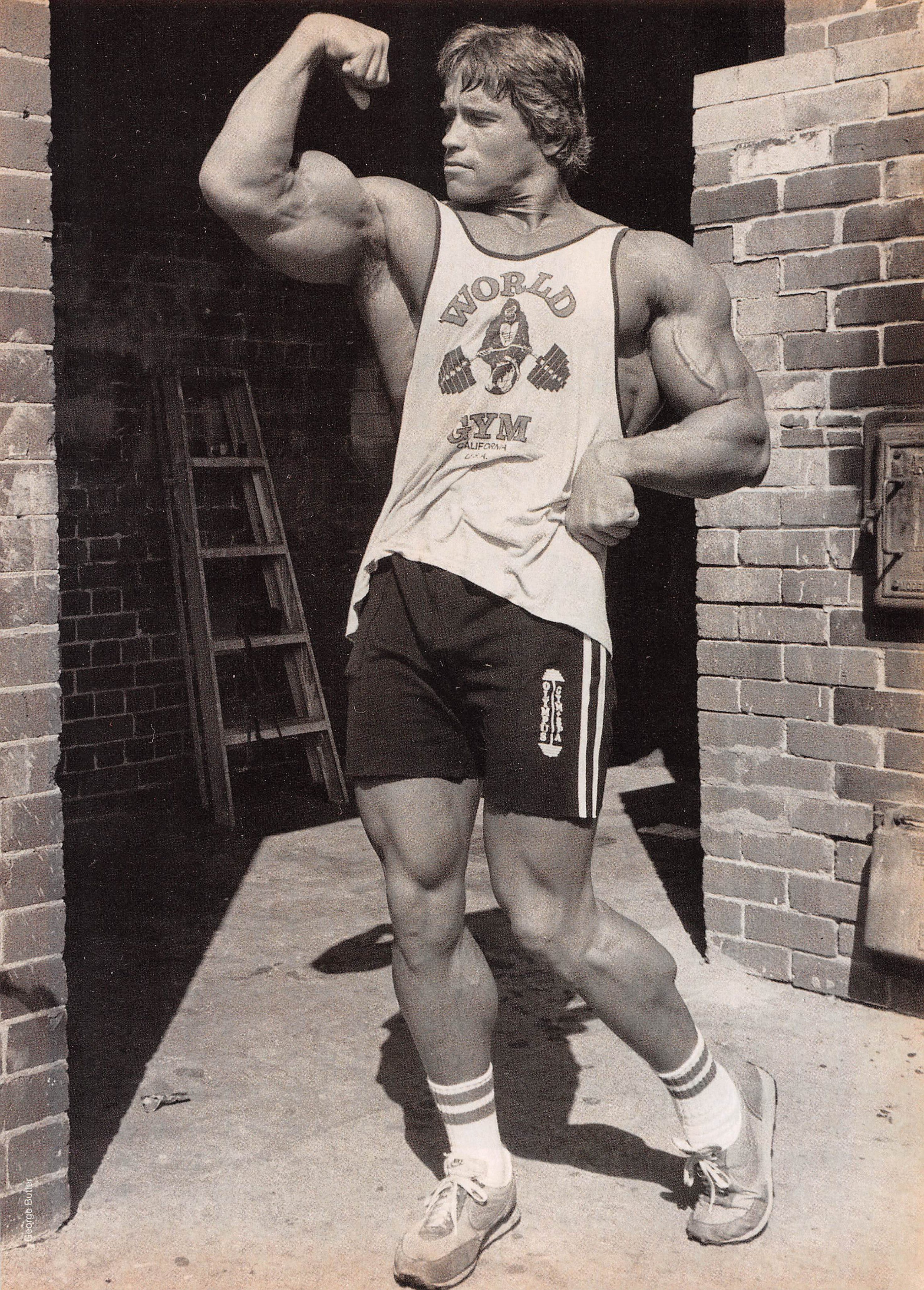
WORLD
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John Balik

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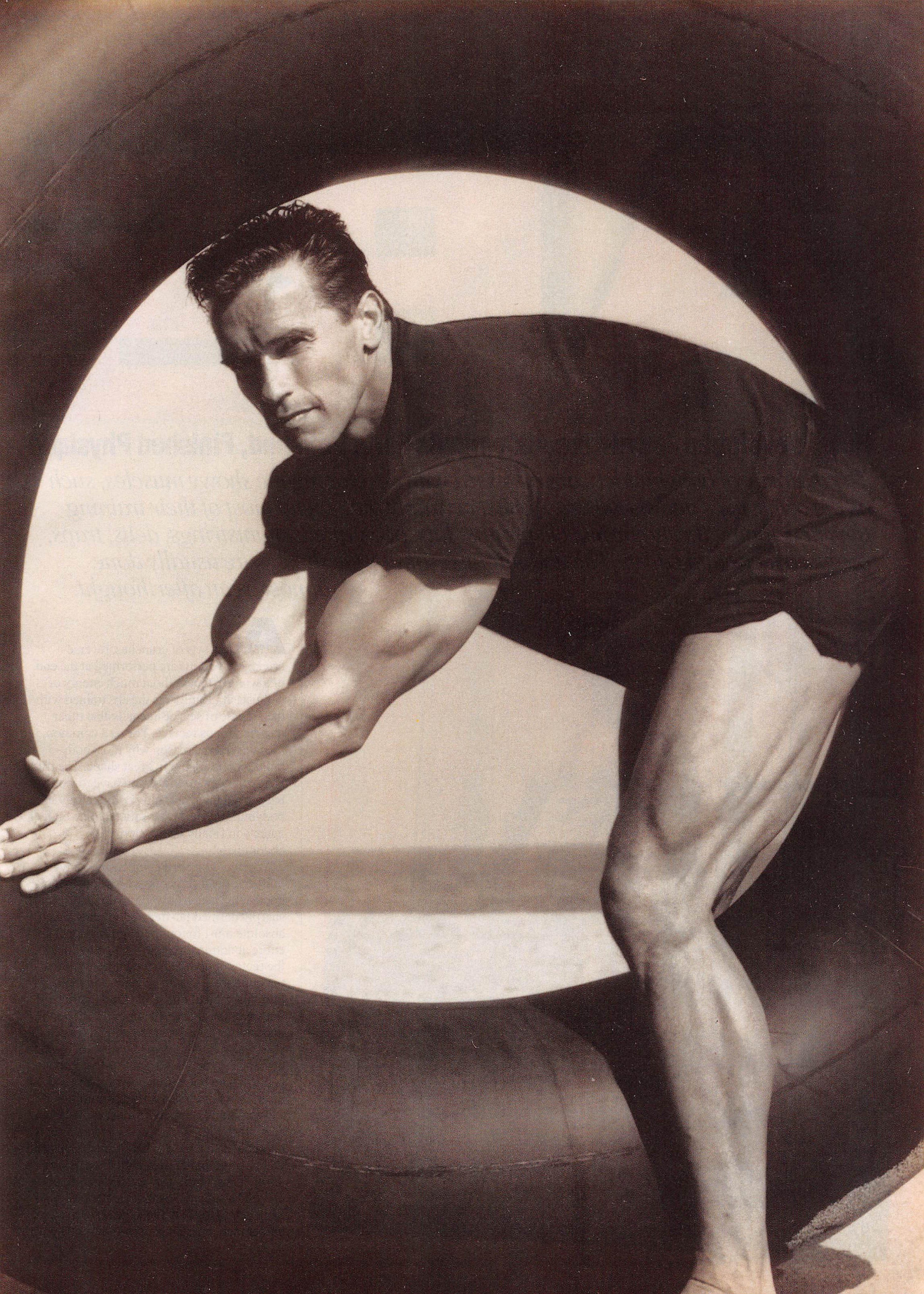
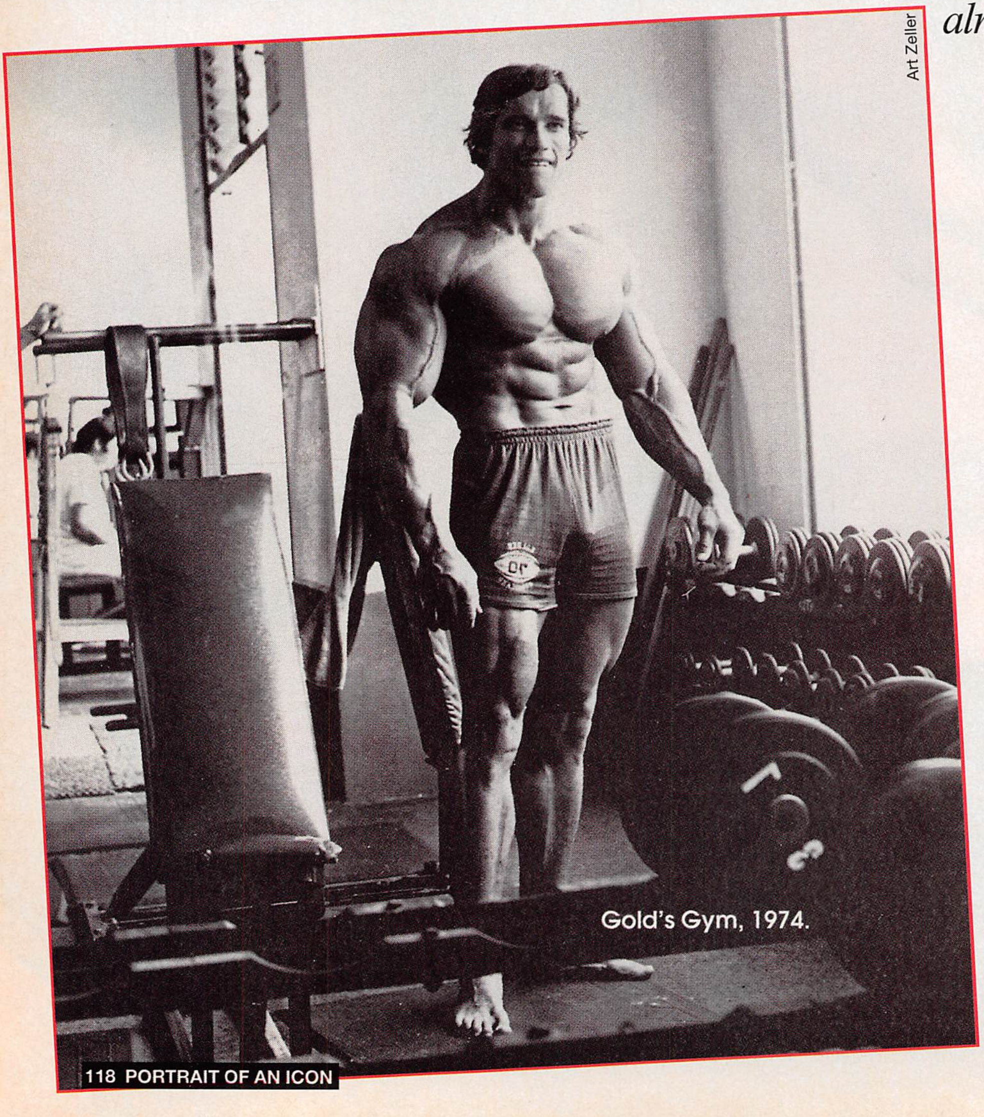


# ARNOLD SCHW

# ABS

## How I Developed Jewel-Like Abdominals For A Polished, Finished Physique

*The majority of bodybuilders are obsessed with developing the showy muscles, such as the arms, pecs and shoulders. Almost certainly they spend most of their training time developing the major muscle groups: lats, pecs, quads, hamstrings, delts, traps, biceps, triceps and calves. The abdominals – or abs for short – are usually done almost as an afterthought.*



Art Zeller

Gold's Gym, 1974.

A few sets of crunches, reverse crunches or situps are performed at the end of a workout but without much energy or enthusiasm. Rarely are the abs trained with the volume of sets or intensity that other muscle groups receive. This is a common mistake and the reason why most bodybuilders' abs are not in great shape. The truth is, if you want great abs you have to work hard to get them. Nothing comes easily in bodybuilding, but what satisfaction you feel when you finally do develop your abdominals!

Whether you are a competitive bodybuilder, or just someone who wants to look good at the beach or walking down the street, sharply defined fat-free abdominals are an absolute must for optimal appearance. The entire abdominal region – which includes the rectus abdominals, the intercostals and the obliques – should be exercised regularly to rid the area of all visible fat. Nothing improves the shape of your body or overall appearance faster than reducing the size of your waistline, flattening your stomach and developing your abdominals. Muscle mass is important, but without good shape and definition muscle mass means nothing.

Who impresses people most at the beach? A big guy with 20-inch arms and a 55-inch chest but also a big pot belly and fat hips and glutes, or a smaller man with 17-inch arms, a 45-inch chest but a tiny wasp waist, rippling abs, and a superdefined muscular body? As a big guy myself I'd like to be able to say the bigger man, but that isn't true. The guy with

Layout by David Nemeth

# ARZ EGGER'S

TIONS LTD
PIA 197
PRESENT

George Butler

the good abs and defined body is the one who gets all the attention.

People associate a small, tight, flat stomach and hard abdominals with athleticism and physical well-being. When someone asks you to make a muscle, what do you do? You flex your biceps. But when someone asks you if you're in shape, what do you do? If you truly *are* in shape you show your abs. If you are not in shape, and have a fat stomach, you mumble something about being late for an appointment and get away from the questioner as fast as you can.

Unfortunately the training methods and diet that best develop mass are often the complete opposite of what are needed for shape and definition, and vice versa. A limited number of exercises per bodypart, heavy weights, low reps, and long rest periods between sets are best for mass, while a greater variety of exercises per bodypart, more moderate weights, higher reps, and shorter rest periods between sets – i.e. quality training – are best for shape and definition. A diet high in protein, carbohydrates and fats, and lots of calories, will help you gain mass and bodyweight. A specialized diet high in protein, low in carbohydrates, and moderately low in fats and calories will help you lose bodyfat and increase definition.

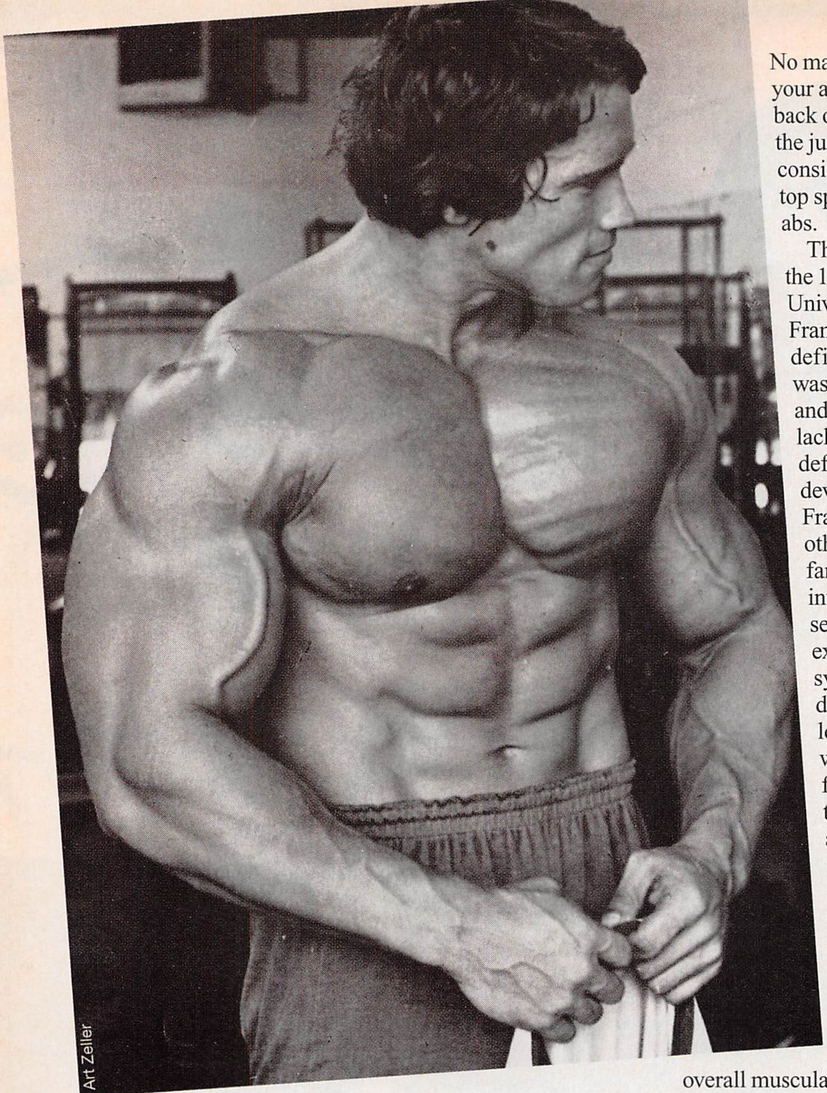
### BY
### ARNOLD
### SCHWARZENEGGER

So what's a bodybuilder to do? What is the solution to this quandary? Obviously there must be periods during the year when you gear your training and diet for mass, and other times when you gear your training and diet for definition. Seasonal variations are normal for competitive bodybuilders. We devote the off-season to increasing size and mass, then the precontest phase to bringing out definition and cuts. If you are a noncompetitive bodybuilder, however – especially if you live in the north – I recommend you devote the fall, winter and early spring to mass training, and the rest of spring and summer to definition training. That way every year you will be adding more and more muscle mass to your physique while improving shape and definition too.

## ABOUT ABS

I think a beautifully shaped midsection is the most immediately impressive part of the male anatomy. Having a small, tight, muscular waist is the key to possessing a quality physique. No other single muscle group makes your body look so impressive.

A great set of abs changes your whole appearance. Suddenly your shoulders and lats look wider, your pecs and delts look bigger, and your V-taper improves. Your


Art Zeller

legs and upper body look bigger and more impressive when you reduce the size of your waist and develop rock-hard abs.

Well-sculptured, highly defined jewel-like abdominals not only give the entire physique a more polished and finished appearance – essential if you hope to ever do well in bodybuilding competition – but they are also a barometer of your physical condition. They indicate how low or high your bodyfat levels are. They let you, and other people, know instantly if you are in shape. When your abs are well defined and fat-free, the rest of your physique is in muscular condition too. If your abs are covered with a layer of fat, however, it is a sure bet that you are not in good condition and are smooth everywhere. You cannot have fantastic washboard abdominals and not be in shape.

Competitive bodybuilders should realize that the abdominals are the focal point of the body. The eyes of the judges and audience are naturally drawn there first. If your abs are in great condition – that is, fat-free and highly delineated – the initial impression made on the judges' minds is positive. You are in shape, have obviously dieted and trained hard for the competition, and are worthy of their consideration for top spot. If your waist is smooth and heavy, however, the first impression of the judges is negative. They are thinking, 'What's Fatso doing onstage… why is he wasting our time?' No matter how big your arms, pecs, back or legs may be, the judges will not consider you for top spot without abs.

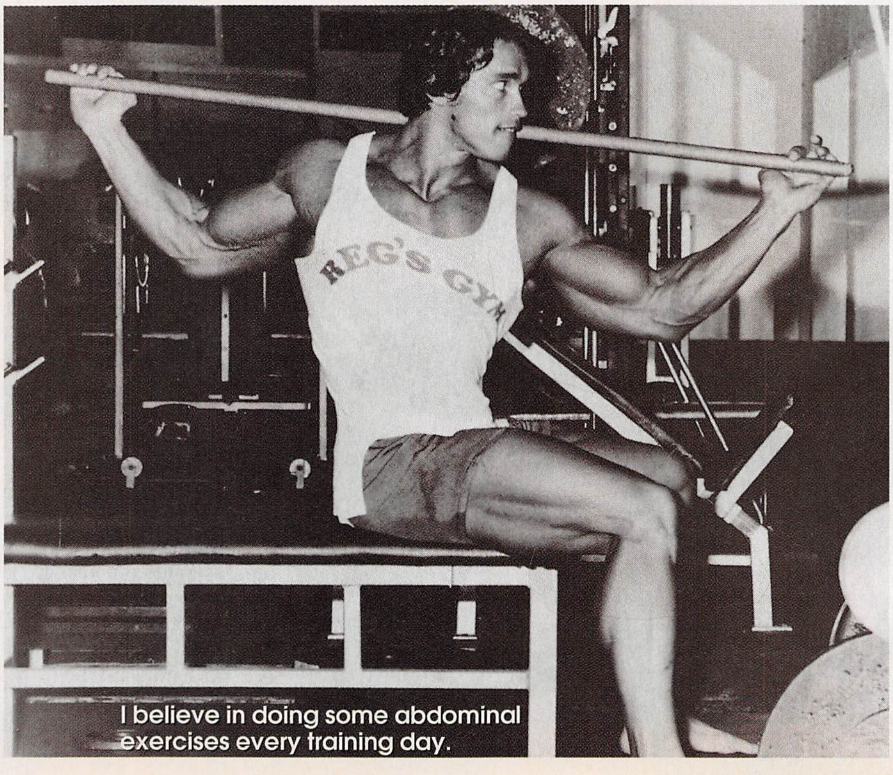
The reason I lost the 1968 IFBB Mr. Universe title to Frank Zane was definitely that I was too smooth and heavy. I lacked abdominal definition and development. Frank, on the other hand, had fantastic abs, intercostals and serratus, with excellent shape, symmetry and definition. That loss was a clear wake-up call for me to start training my abs and intercostals as seriously as my other bodyparts.

Hard abdominal training affects overall muscular definition. Abdominal exercise creates a state of muscular tension which helps to harden the body. It's like a form of isometric training.

Besides improving your appearance, regular ab training bestows numerous other benefits. Well-conditioned abdominals are critical to good health. All abdominal exercises have a great toning effect on the internal organs, resulting in internal well-being. Abdominal exercise improves digestion. Foods are broken down better so that your body absorbs nutrients and assimilates them optimally. Elimination is also improved so you are more regular. You can't train with intensity when you have constipation, and ab training reduces constipation.

Another benefit of regular ab exercise is the prevention of a condition called prolapsus, so posture is improved. Prolapsus occurs when the abdominal walls weaken so much that the organs of the stomach sag forward and out of position. The result is that the torso takes on an unsightly slump-shouldered, pregnant-woman appearance. (I don't mean to imply that pregnant women are unsightly. A pregnant woman is beautiful, but a man with a stomach as big as that of a woman in her ninth month of pregnancy is not.) When prolapsus occurs, the sagging of the stomach throws the hips and spine forward too, causing spinal and lower-back problems. The development of strong abs prevents prolapsus, alleviates tension and stress from the lower back, and keeps the torso upright for proper posture. A bodybuilder can never hope to be successful with poor posture.

Strengthening the abs greatly reduces risk of hernias (sometimes also called ruptures) and abdominal strains. The abdominal organs are encased inside a protective, supportive layer of muscle and connective tissue (fascia). If these layers become weakened or tear (rupture), the abdominal organs can protrude, causing a hernia. When you feel pain in the lower abdominal area after heavy



I believe in doing some abdominal exercises every training day.

lifting or straining but no protrusion occurs, it is an abdominal strain. In either case an ounce of prevention is worth a pound of cure. Regular ab-training will strengthen the abdominals so that hernia or strains are unlikely.

You need to remember that a chain is only as strong as its weakest link. If your abs are the weak link of your body, you leave yourself open to injury. Besides, you will not be able to handle as much weight on squats, deadlifts, bent-over rows and other heavy leg and upper-body exercises. This restriction will limit your ultimate muscle mass.

I believe in doing some abdominal exercise every training day – or six times a week. When I was really in a hurry to get my midsection in shape, I worked abs twice a day. This double training blitzed away fat and produced razor-sharp abdominals quickly. Some people claim they don't have time to train abs twice a day, but a few sets after you wake up in the morning and a few sets before bed should be possible for anyone. If you truly are strapped for time, try doing a couple of ab exercises at the beginning of your routine each day and then finish with a few sets at the end of the workout.

Ab workouts don't have to be long, drawn-out affairs – although such training worked magnificently for Zabo Koszewski, who was famous for beginning each workout with 1000 Roman-chair situps and 1000 leg raises which took him about two hours to complete. A daily session of 15 to 20 minutes is all you need to develop outstanding abs if you keep rest between sets to a minimum – 30 seconds or less.

My approach to ab-training has always been to work them hard and fast. Most top bodybuilders rest only for a few seconds between sets, or take no rest at all by doing their ab exercises in supersets, trisets or giant sets. This method causes an intense burn in the abs and helps to burn off fat while developing the abdominals and intercostals at the same time. Nonstop workouts create an aerobic effect for overall bodyfat reduction too.

Here is the type of routine I used in pre-contest training to get my abs sharply defined and fat-free:

Roman-chair situps – *4 x 25-50 reps*
Hanging knee raises – *3 x 25-50 reps*
Lying leg raises – *3 x 25-30 reps*
Side-to-side twists – *3 x 50 reps*
Hyperextensions – *3 x 15 reps*
Sitting leg-ups – *4 x 25-50*

Some of you might be thinking, 'Hey, hyperextensions are not abdominal exercises – they're for the lower back. What are they doing in an ab routine?' Well, what do you think the back of your waist is? It's your lower back!

You need lower-back exercise to help remove fat from that area as much as you need situps, crunches or leg raises to help burn fat from the front of the body. Hyperextensions strengthen the lower back and create synergistic balance between the two muscle groups. You do not want to ignore the lower back and have it become your weak link.

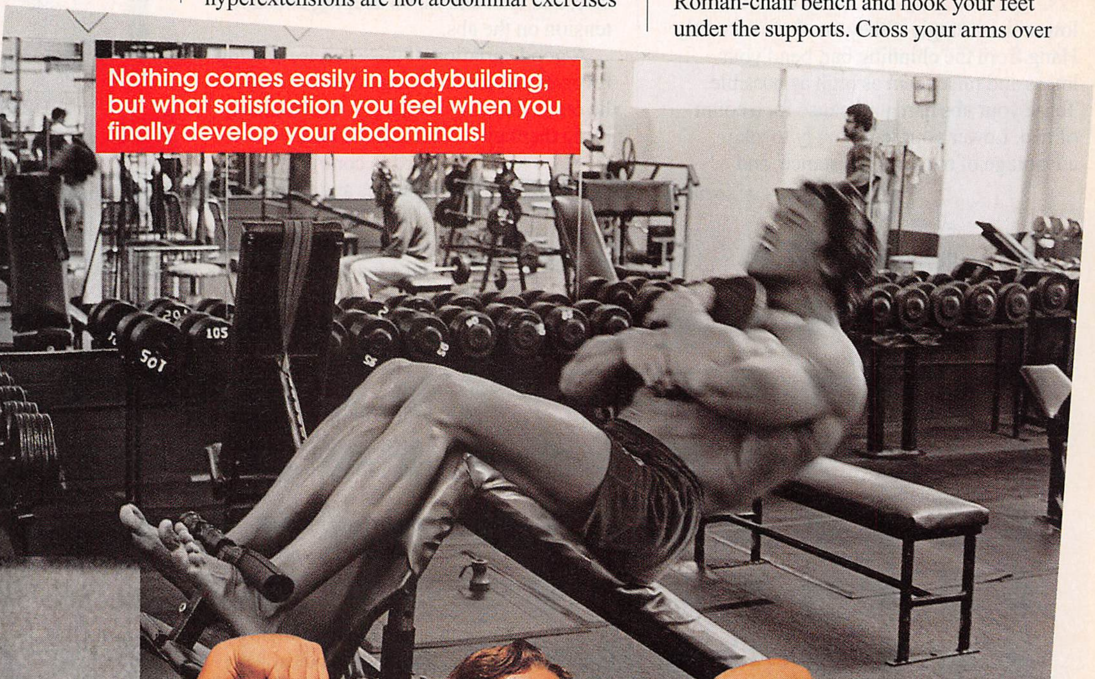
Now for a description of how I performed my ab exercises.

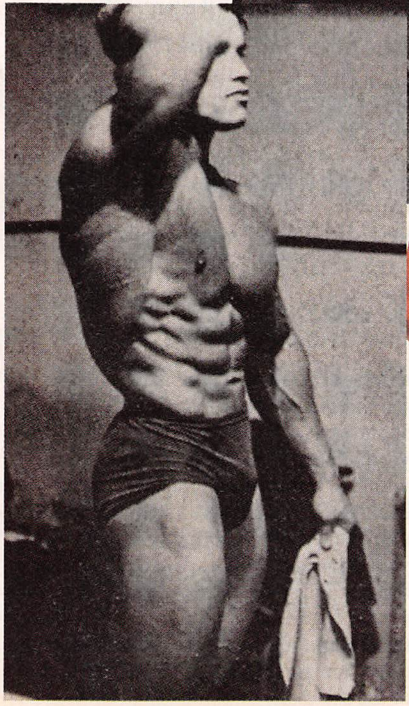
***Roman-chair situps –*** This exercise strongly works the upper abdominals. Over his career Zabo Koszewski must have done millions of them, and he probably won more Best Abs awards than anybody. I often began my ab workouts with 10 minutes of nonstop Roman-chair situps. They not only worked my abs, but they also served as a good warmup for my entire body. Don't forget that your entire body is under tension when you do Roman chairs, so they're almost like iso-tension posing.

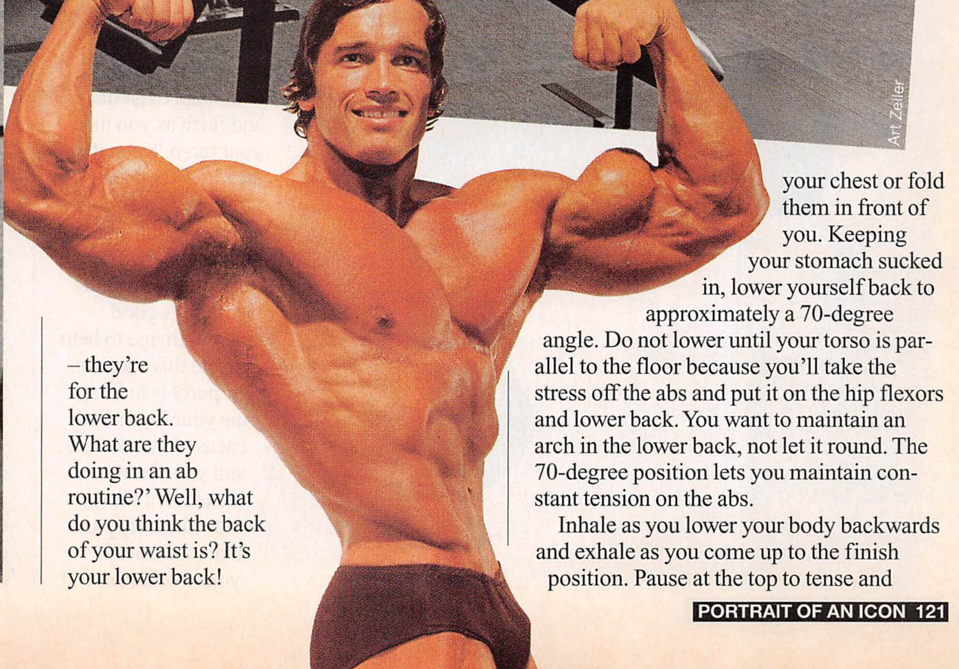
To do Roman chairs properly, sit on the Roman-chair bench and hook your feet under the supports. Cross your arms over your chest or fold them in front of you. Keeping your stomach sucked in, lower yourself back to approximately a 70-degree angle. Do not lower until your torso is parallel to the floor because you'll take the stress off the abs and put it on the hip flexors and lower back. You want to maintain an arch in the lower back, not let it round. The 70-degree position lets you maintain constant tension on the abs.

Inhale as you lower your body backwards and exhale as you come up to the finish position. Pause at the top to tense and

**Nothing comes easily in bodybuilding, but what satisfaction you feel when you finally develop your abdominals!**


Art Zeller





squeeze your abs. Then lower under muscular tension to begin another rep. Concentrate deeply on crunching your abs to increase contraction. To make the exercise more intense, try placing a block under the front of the bench to create more of an incline.

Although I listed my sets and reps as 4 x 25 to 50, in truth I normally did Roman chairs for time. I'd go nonstop for 10 minutes and do as many as I could. Once I had completed the Roman chairs, I would then do sets and reps of my other exercises.

To work more of the intercostals and the sides of the waist, you can do what I call three-way Roman-chair situps. Do three minutes of regular reps, moving the body straight up and down. Then do three minutes of reps in which you twist your torso to work one side of the waist, followed by three minutes of twisting to the other side. Finish with a couple more minutes of regular reps. By the time you complete this exercise, your entire waistline and the intercostals should be burning.

***Hanging knee raises –*** These work the lower abs strongly if they are done correctly. Hang from the chinning bar, bend your knees and raise them as high as possible. Tense your abs hard and pause for a count of two. Lower your legs slowly to take advantage of negative resistance, and repeat. Exhale when raising the legs and inhale when lowering them.

**Can you believe this? At 240 pounds the Oak was easily able to give the illusion of having a 28-inch waist! Obviously vacuums are excellent for reducing the waistline.**

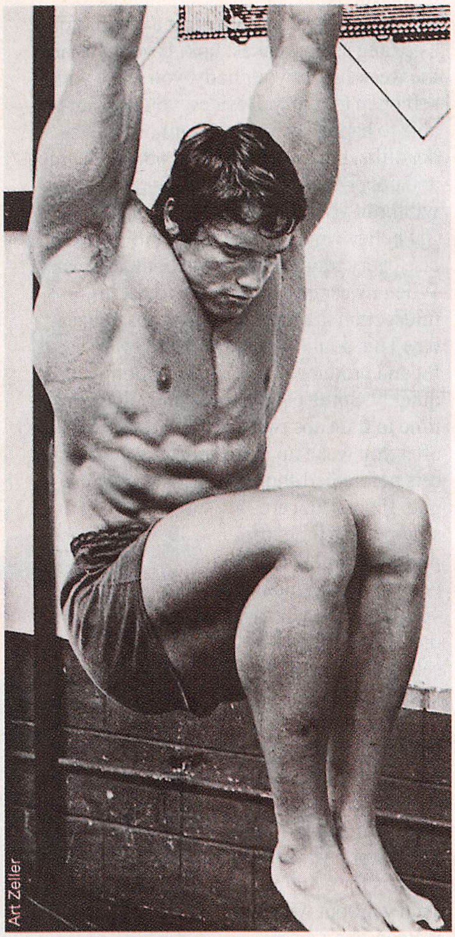
If you find your grip slipping, use straps. Even better, use the nooses that fit over the chinning bar and support your body so that grip is no longer a factor. Not every gym has these devices, but take advantage of them if yours does. They allow you to concentrate more on working the abs and less on worrying about your grip.

*Lying leg raises –* These are good for lower abs. Keeping a little bend in the knees at all times will reduce strain on your lower back. You can do these raises on a flat bench, on a decline ab board (definitely the most intense version), or on the floor. When doing them on the floor, never let your feet touch down as this momentary relaxation prevents continuous tension on the abs. Do the middle three-fifths of the exercise, not quite reaching a 90-degree perpendicular-to-the-floor position at the top, but not allowing your feet to touch at the bottom. Remember to keep your stomach sucked in as you do the exercise, and concentrate on keeping constant tension on the abs.

A good variation of this exercise is lying reverse crunches or lying knee-ins. As you lie on the bench, you bend your knees and bring them up to your chest. Tense your abs hard to contract the muscles and then lower slowly back to the starting position. Do not take tension off the abs by either straightening your legs or touching the ground.

*Broomstick twists –* Side-to-side twists may be done either seated or standing. They work the intercostals and help to trim the obliques. Hold a broomstick on the back of your shoulders. Inhale as much as possible to suck in your abs. Twist rapidly from side to side. Do not let your head twist back and forth as you turn your torso. Keep it steady and looking straight ahead. Also keep your hips and pelvis steady. Try to turn only your midsection. A good mental image to help you do this exercise properly is to imagine your lower body encased in concrete and your head locked in a vise. Now the only part that can move is your midsection.

A word of warning about twists: Avoid doing this exercise with a heavy barbell, for you risk developing the obliques, thus thickening your waist and reducing your V-taper. You could also injure your lower back if you twist with a heavy weight because of the torque involved. You want to twist with light weight, and do it rapidly and for high reps to bring about a burn in the targeted muscles.

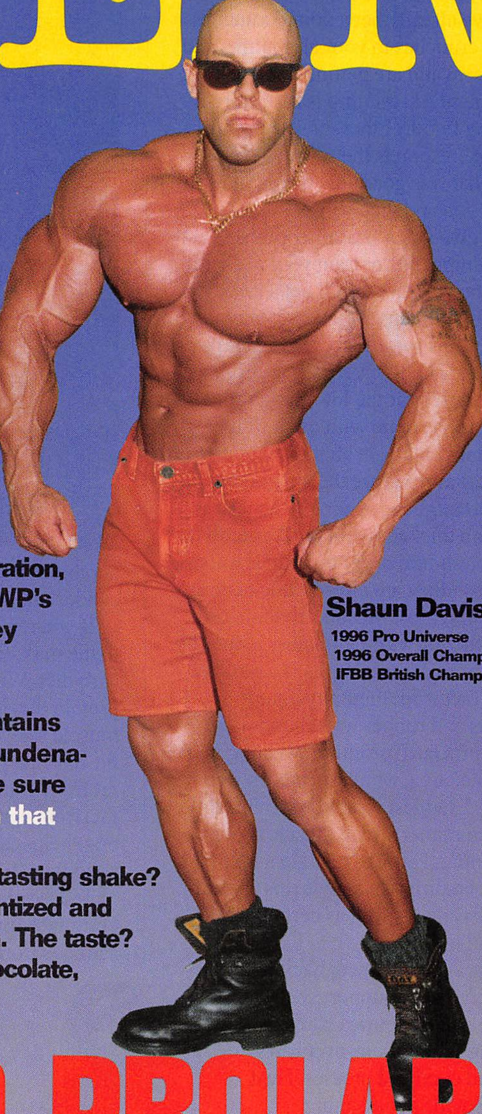


**Hanging knee raises**

*Hyperextensions –* Great for developing the spinal erectors, hyperextensions will also strengthen your lower back. Position your body face down on the hyperextension bench. Lower your upper body all the way down and then come up to just a little above horizontal. Pause to tense and squeeze the lower-back muscles and lower again. If you rise too high, you risk overextending your lower back and causing injury to the discs that make up the spinal column.

*Sitting leg-ups –* To work both the upper and lower abdominals, sit at the end of a flat bench with your upper body leaning slightly back. Extend your legs in front of you but keep some bend in the knees. As with the Roman-chair situps, arch your lower back. Suck in your abs and hold for the duration of the exercise. Bring your knees up to your chest and forcibly exhale. Lower your legs until they are two-thirds extended and repeat. Again never allow your feet to touch the floor or you'll lose the constant-tension effect and greatly reduce the effectiveness of the exercise.

# PROTEIN: 101



**Shaun Davis**
1996 Pro Universe
1996 Overall Champion
IFBB British Championships

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**Lesson #2:** What is ion-exchanged whey?

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**Lesson #3:** Is pure ion-exchanged whey better?

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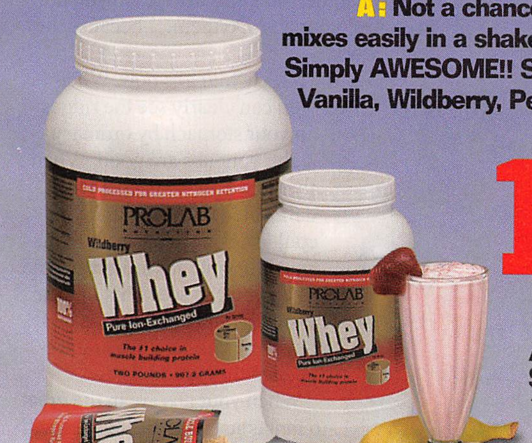

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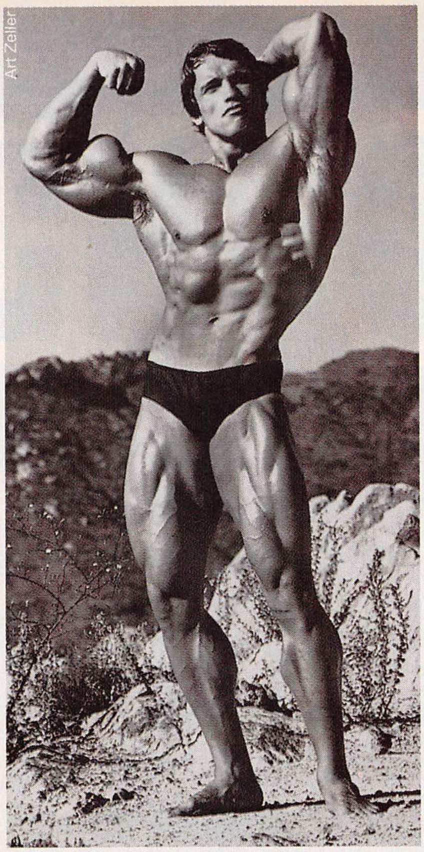
Naturally, the ab exercises I have described are not the only ones you can do. You can also use crunches, reverse crunches (lying knee-ins to the chest), incline partial situps, twisting situps, twisting Roman-chair situps, knees-in-the-air situps, twisting knees-in-the-air situps, alternate knee raises, side leg raises, front kicks, rear leg scissors, and variations of each of these exercises. As always, experiment and find the exercises that give *you* the best results.

If you have already been doing crunches and reverse crunches in your ab routine, and you enjoy them and are getting good results, stick with them. Ab-training is no different from training for any other muscle group. Not everyone responds the same to every exercise. What was good for Arnold may not be good for you and vice versa.

I want to give you a few other pointers about ab training. Never train your abs with heavy weights because you'll get a thick, chunky midsection that detracts from your V-taper and ruins symmetry. Do high reps with no weight at all, or very light weights at most. Exercises for the lower abdominals can sometimes be done with extra weight, as you are unlikely to get ab thickness in this area. Ectomorphs are the only bodybuilders who might occasionally benefit from some ab thickness, but don't overdo it. Endomorphs should never train their waists with weights – they are already thick enough in the waist and hips. Mesomorphs should decide whether the extra thickness in the abs that comes from using weights is a positive or negative factor for their physique.

Heat belts and rubber waist bands (like a Weider Slim Gard) promote sweating in the abdominal area, which speeds up water and fat loss. I suggest wearing one during workouts, no matter which muscle groups you are training. Fat cells contain a lot of water, and perspiring heavily helps to eliminate excess water as well as certain waste products and toxins.

Heat belts keep the lower back warm and give extra support so that there is less risk of injuries when you're doing squats, bent-over rows, deadlifts and overhead presses. Heat belts also provide a massaging action to the abs, giving them more work. They are definitely an aid to getting sharper abs faster and more easily.


Art Zeller

## ABS AND DIET

You can't get fantastic abs through ab-training alone. A good high-protein low-carbohydrate diet is a necessity if you hope to develop fat-free abs. Reduce your intake of sweets, starches and fatty junk foods. Keep your protein levels high. Eat 30 to 50 grams of lean protein every three hours. By reducing your caloric intake by 500 calories a day below maintenance level (the number of calories necessary to maintain your current bodyweight) and physically burning another 500 calories a day at the gym, you can lose up to two pounds of bodyfat a week.

If you really want to speed up fat loss to the max, follow a high-protein, very low-carb diet. When you're losing fat, a high-protein diet helps you to maintain as much muscle size as possible, and assists in the fat-burning process too. Do not eliminate all fat from your diet. A small amount of natural fat (from egg yolks, red meat and vegetable oils) helps the body to burn more fats. You need fat to burn bodyfat.

To lose all stored bodyfat, you must eliminate almost all carbohydrates and starches from your diet. When striving for maximum definition, restrict carbs to one salad a day. If you eat a lot of carbs, your body will use them for energy instead of stored bodyfat, so results will come more slowly than you expected.

Aerobics are a great benefit for fat-burning. Running or jogging and swimming are fantastic. Stair climbers, rowing machines, stationary bikes and treadmills also provide effective aerobic exercise. Your choice of aerobic activity is not as important as the fact that you just do it. Daily sessions of 20 to 30 minutes will speed up your metabolism, and make your abs show much sooner than just doing ab exercises and dieting.

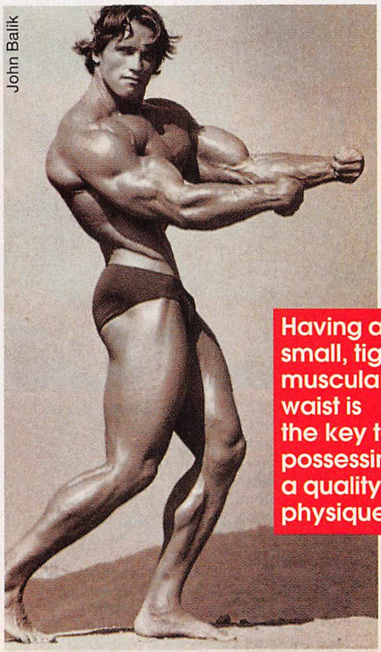
Running and swimming also make you more athletic and prevent your body from becoming stiff and prone to injury. I have personally found running to be a very valuable training asset. I highly recommend it for faster progress in training down to a hard, muscular body condition. The health benefits of doing aerobic exercise are reason enough to do it. Your heart, lungs and immune system benefit, and your energy level, endurance and stamina markedly improve. You can train with less fatigue and at a faster pace because you recuperate more quickly.

A practice that helped me a lot was to go for a run wearing a Slim Gard and a full sweat suit to promote heavy sweating. Immediately upon finishing my run I would do 100 leg raises. The reduction of surplus fat on my midsection was dramatically speeded up in this way. Try it – you will like the results.

Another tip I found very useful for reducing the waistline was doing vacuums several times throughout the day. Simply suck in your stomach as much as you can, while blowing out all your breath. Hold for 15 or 20 seconds and repeat two or three times. If you do this morning, afternoon and at night, it will actually reduce the size of your waistline. Vacuums also teach you how to control your abs. Do them… because they really work.

Get to work on your abs now. When you can clearly see the ridges in your stomach by ordinary light, your abs are good. When the ridges are so deep and delineated that you think you could stick a finger in up to the knuckle, your abs are great. And when you can see veins in your lower abs and they look as if they were chiseled out of granite, then they are fantastic!

When your abs are in the great to fantastic category, all eyes will be on you whether you are onstage at a contest, at the beach in a swimsuit, or in the gym wearing a cutoff T-shirt or tank top. Moreover, you will have the satisfaction of knowing the rest of your body is in fantastic condition too. What a great feeling knowing you are in peak condition! It makes all the pain and hard work worthwhile. AS


John Balik

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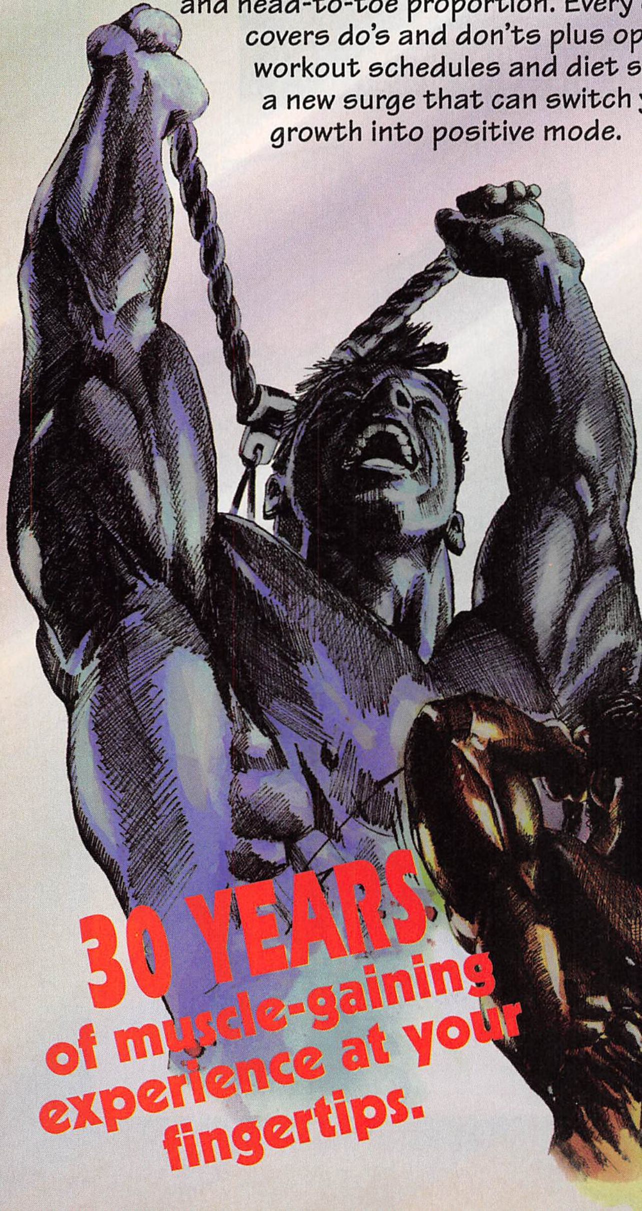

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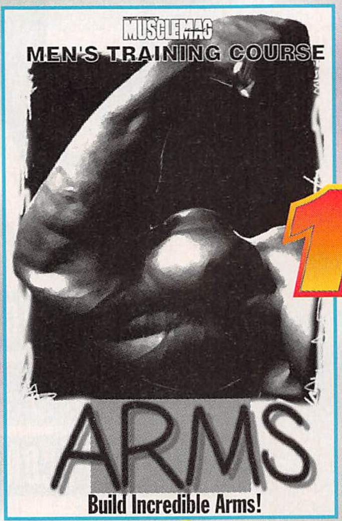
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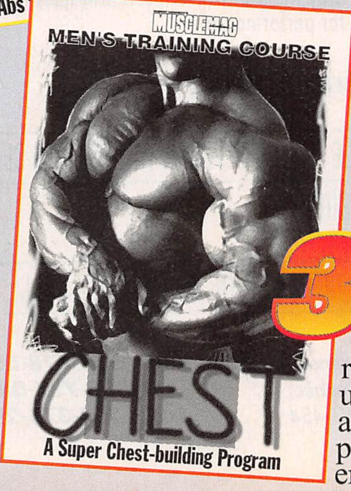
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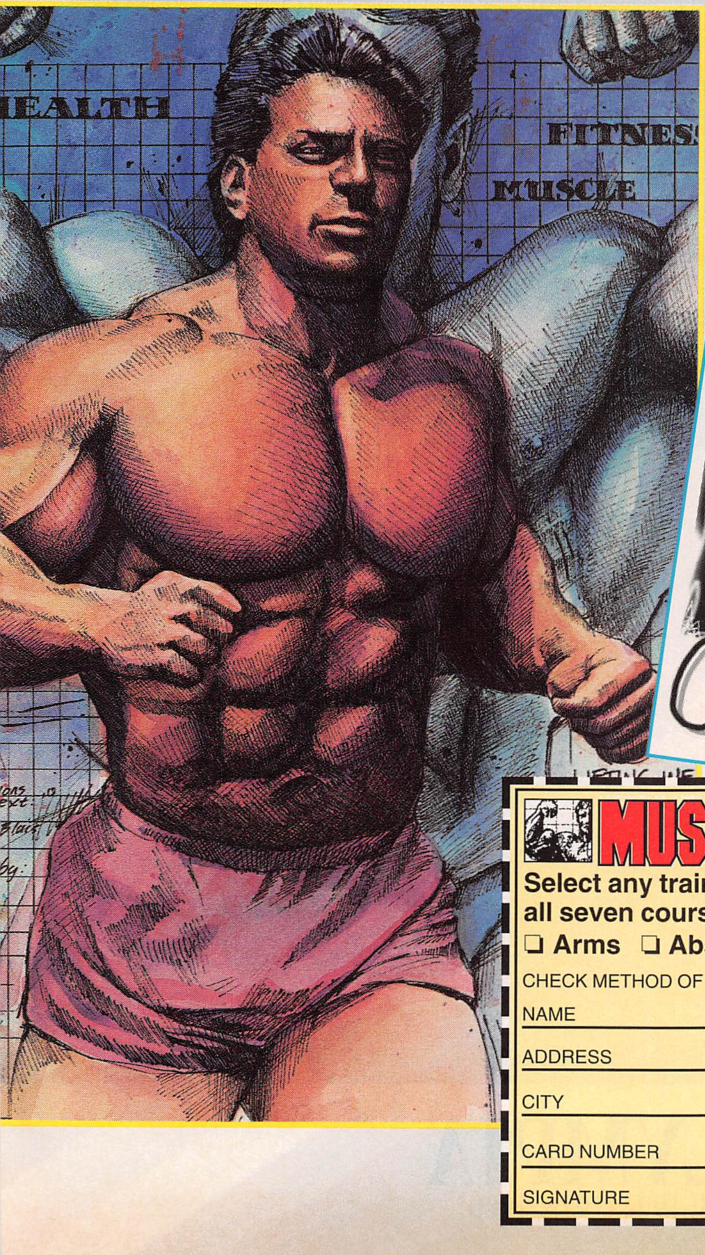
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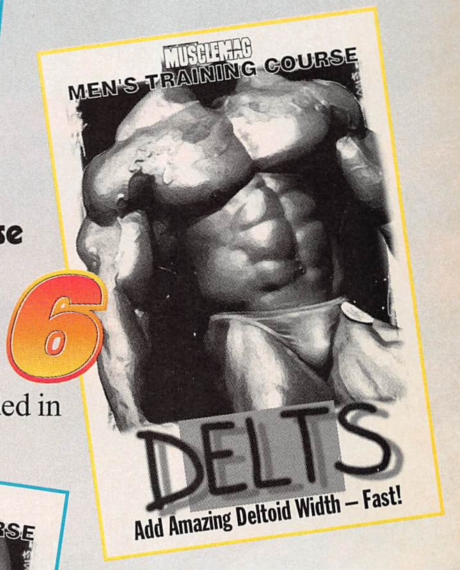
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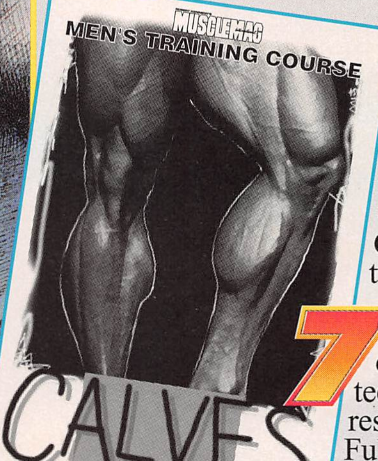
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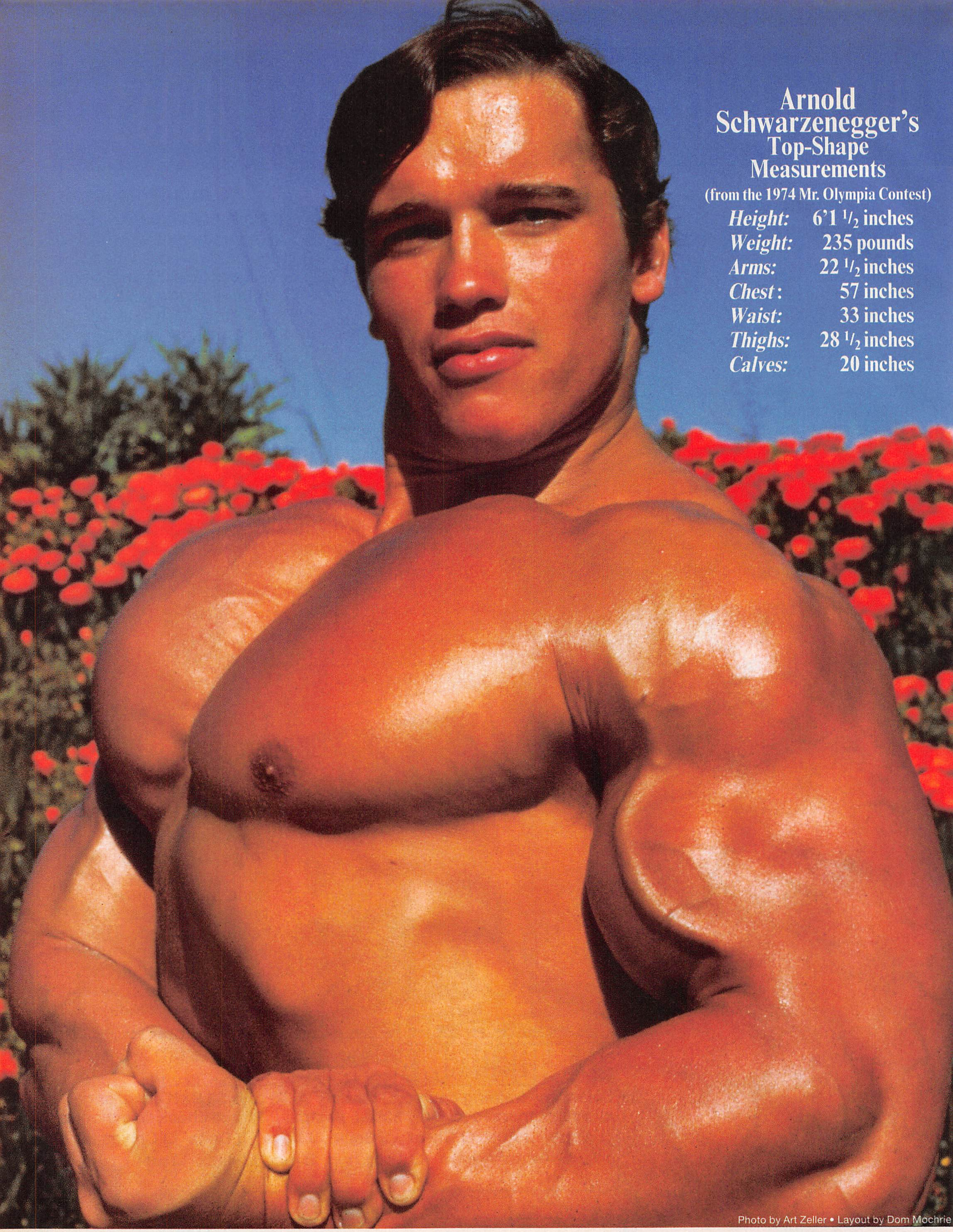


## Arnold Schwarzenegger’s Top-Shape Measurements

(from the 1974 Mr. Olympia Contest)

| | |
|---|---|
| *Height:* | 6’1 1/2 inches |
| *Weight:* | 235 pounds |
| *Arms:* | 22 1/2 inches |
| *Chest:* | 57 inches |
| *Waist:* | 33 inches |
| *Thighs:* | 28 1/2 inches |
| *Calves:* | 20 inches |

Photo by Art Zeller • Layout by Dom Mochrie

# MR. OLYMPIA

1970, 1971, 1972, 1973, 1974, 1975, 1980

**EXCLUSIVE INTERVIEW**

## An Up-Close and Personal Look at Arnold Schwarzenegger

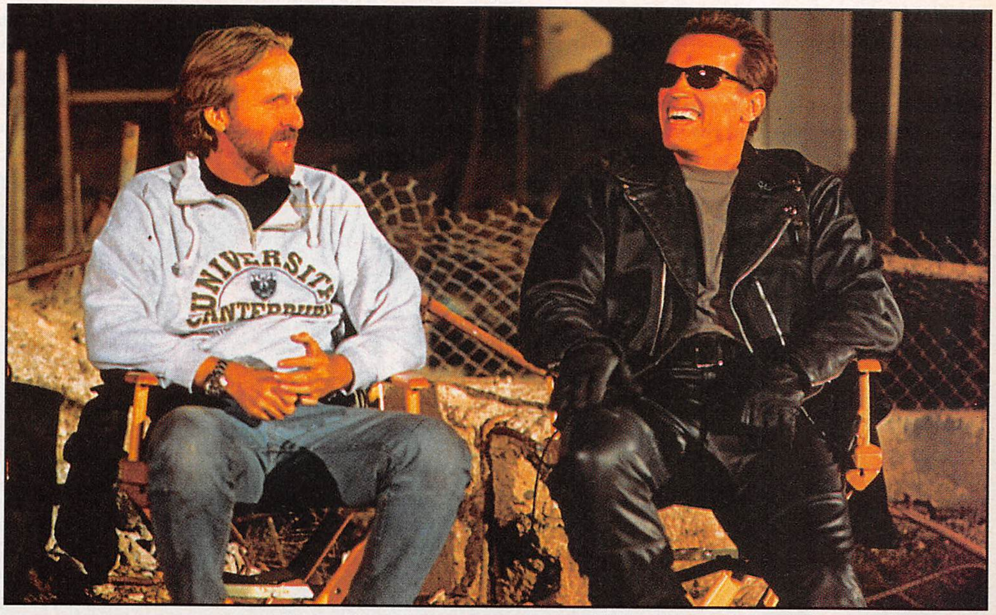
# Behind the Scenes with James Cameron

## Writer-Director-Producer of *The Terminator, Terminator 2: Judgment Day* and *True Lies.*

*Who in Hollywood knows Arnold Schwarzenegger best? Without a doubt the answer is his close friend and colleague of over 13 years, James Cameron. Cameron is the foremost writer/director/producer in the world and the undisputed king of special effects. He is to making movies what Arnold is to starring in them.*

**By Tyler Dinwoodie**

James Cameron owns Lightstorm Entertainment and Digital Domain, and recently struck a half-billion-dollar deal with 20th Century Fox. He is the directorial genius who made *The Terminator, Terminator 2, True Lies* and, most recently, *T2-3D: Battle Across Time.* But Cameron's most brilliant move to date was casting Arnold Schwarzenegger as the Terminator in 1983. Regardless of what some may say, it was *The Terminator* that propelled Arnold's movie career into Mach 10. That Cameron had the extraordinary vision to realize Arnold's phenomenal potential, as few Hollywood directors did at the time, is one of the intriguing facts of movie history. I'm not implying that Cameron made Arnold – far from it. But he did have the foresight and expertise to harness the multifaceted talent of Schwarzenegger in a way that few others could.



Schwarzenegger and Cameron have made three feature films together and, interestingly enough, they are Arnold's highest-grossing and most popular. In their first collaboration Arnold was an unproven and relatively unknown actor, Cameron was a novice director, and they were working on a very low-budget sci-fi flick. Today their joint projects combine the world's best-known and most successful actor with the world's foremost writer/producer/director to create the greatest (and most expensive!) films of all time.

Layout By Wil McKeown

The Schwarzenegger/Cameron combination is dynamite – without question.

Cameron, the former truck driver from Kapuskasing, Ontario, grants few interviews, but he was kind enough to talk with me on the set of his latest picture, *The Titanic,* in Rosarito, Mexico. He spoke at great length about his buddy Arnold, their friendship and their films, offering a unique perspective and unparalleled insight into the real Arnold Schwarzenegger. Now, in this exclusive *MuscleMag* interview, see the Austrian Oak through the eyes of celebrated director James Cameron.

> "Let's make one thing perfectly clear right away: Arnold made Arnold. No one else did."

**MMI: Many people credit you with being the director who had the vision to see Arnold's potential as a megastar and believe that you were largely responsible for helping set him on the road to superstar status. Do you agree?**

**JC:** No, not at all. Let's make one thing perfectly clear right away: Arnold made Arnold. No one else did.

**MMI: How would you describe Arnold Schwarzenegger as a person?**

**JC:** Arnold as a person is a lot like some of his movie characters… but not at all like the Terminator. He is more like the Harry Tasker character in *True Lies* – a loving family man who truly cares about his wife and children. But Arnold is also extremely focused and very disciplined about his work. The difference between the real Arnold and the *True Lies* character is that the real Arnold has a keen sense of humor. He loves to live life to the hilt and he genuinely enjoys what he's doing when he is making a film. He makes it fun… fun for himself and fun for everybody else.

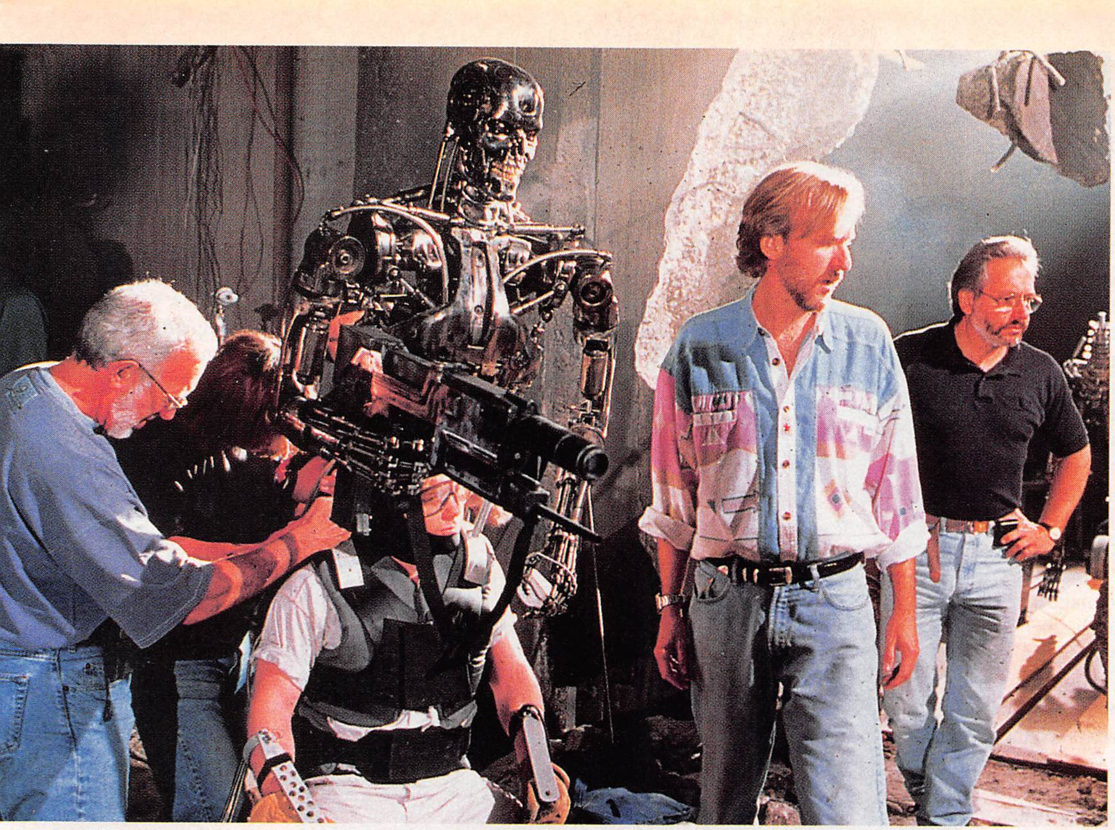
**MMI: When did you first meet Arnold?**

**JC:** In 1983 when I was casting *The Terminator.* Believe it or not, Arnold was not up for the role of the Terminator, but for Reese – the good guy that Michael Bhien played. I met Arnold with the intention of *not* casting him as that character because I didn't think he was right for it. I thought, 'Well, I'll just have to pick a fight with him' – you know, find some way to have an argument with him (laughs). I left my apartment that day saying to my roommate, who was also a writer, "Well, I gotta go pick a fight with Conan, so… you can have my stereo." I started to divvy up my belongings. But when I got there, I found Arnold to be this tremendously funny, gracious guy who was so much fun and who genuinely loved the project. While he was talking away, it was as if all sound dropped out and I was just watching his face… mesmerized, thinking, 'This guy would make an *incredible* Terminator!' I found him to be quite intriguing because I was a huge Conan fan from my early days of reading the Robert Howard novels and I loved the movie. I just wanted to meet Arnold, and the meeting turned into a big career move for both of us. We've done three pictures together since then. To this day I don't think Arnold was intentionally angling for the role. He might have been, but if he was, he was very subtle about it… as all brilliant people can be. John Daly, who was producing the film, called his agent and said we'd like Arnold to play the title character, and he jumped on it. The deal was done that same afternoon. It was all done very, very quickly and all of a sudden we were making a film.

**MMI: What led to your decision to go with Arnold in *The Terminator* when most directors were turned off by his physique, his accent, his name, and what was perceived as a lack of acting ability? Why did you gamble on him?**

**JC:** It's hard to explain. I just felt that he *was* the Terminator. I looked at him and immediately knew the chemistry would work

## Behind the Scenes



Filming of the *T2-3D : Battle Across Time* attraction for Universal Studios.

– as if the character had been written for him. I mean, we shot the movie exactly as it was scripted. For example, there was a nude scene at the beginning, but that's a plot point. It wasn't put in to show off his physique. I knew that he would play the entire film clothed. At the time people saw Arnold as a body with muscles, but I wasn't interested in his muscles at all. I was interested in his face. He has the most interesting face. I thought he projected strength, not just in the face but in his entire being. He projected power and it didn't matter that he was wearing a black leather jacket and big boots. You still felt his power. You felt it in the way he moved, the size of his chest – you just felt the strength. You felt that there really could have been this unstoppable machine underneath the skin. I was excited to think that a guy like this could do *The Terminator* when people were expecting him to do one unclothed movie after another. He played against people's expectations. Part of the reason why *The Terminator* was so successful is that people expected Arnold to do one thing, but he did something else. And it worked.

**MMI: Is it true that at one point O.J. Simpson was up for the role of the Terminator?**

**JC:** (laughing) No. O.J. was never even considered for the lead role. He was suggested for the part but was rejected immediately. We never even pursued that.

**MMI: Did you have any idea back in 1983 that *The Terminator* would not only be such a massive hit in its own right, but would also lead to such other monstrous successes?**

**JC:** No way! I felt I was just getting my toe dug into the edge of Hollywood. We thought we were making a pretty cool movie, but we weren't thinking at the time that it would necessarily spawn a second film that would become one of the top-grossing movies of all time, the top-grossing R-rated film, as well as the highest-grossing movie sequel in history. People forget that *The Terminator* was an R-rated movie. The ratings board actually had it rated X for a couple of days, based on the film's intensity. Although we never changed a frame, they reduced the rating to R. The second picture was R-rated as well. All the other movies that have made more money have been PG-13 or PG.

**MMI: How has your opinion of Arnold changed over the years?**

**JC:** It hasn't. It's just broadened and deepened. My initial impression of him was almost too good to be true, but as I've gotten to know him I've realized that he *is* that guy. He *is* almost too good to be true. I'm not saying that he's a saint or that he walks on hallowed ground, but he is a man who somehow managed to earn enormous fame and popularity. The difference with Arnold is that he has accepted his success so gracefully. Megastardom hasn't turned him into a monster the way it has with so many people in the entertainment industry.

**MMI: What separates him from the rest of Hollywood's elite?**

**JC:** I think that, in Arnold's case, luck or being in the right place at the right time was less a factor than with almost anyone else I can think of. You see, Arnold set his sights on being a movie star. He did everything necessary in terms of personal discipline and making the right strategic movies to accomplish that goal. Arnold had planned to become one of the top movie stars in the world before we made *The Terminator*. I remember asking him what he wanted to do with his acting career and he said: "I don't want to be an actor. I want to be a movie star. I want to be like Clint Eastwood." At the time I thought, 'Well, hey, set the bar high, dude!' (laughs). He just methodically went out and accomplished his goal of becoming the biggest name in Hollywood.

**MMI: Could you foresee any of his potential as a megastar back then?**

**JC:** I obviously had the confidence to cast him as the Terminator, but to be perfectly honest, I saw no indication at the time that he would become the kind of accomplished actor he now is. Acting is not a skill mastered through reps. You can't get better at it just by doing it over and over. Of course, you can take acting classes and learn and so on, but there has to be an innate quality within you that allows you to be an actor. Otherwise, you'll never get beyond a certain point… and that'll be a fairly low point. You either have it or you don't. I knew Arnold was a performer from his bodybuilding career, and I knew he had a real natural kind of presence about him. When I worked with him on *The Terminator,* I realized that this guy can really create a concept in his mind and project it. The Terminator character is nothing like Arnold whatsoever. We worked for weeks on the body English and eye movements so that they wouldn't appear too jerky, robotic or stupid. His movement had to be smooth, almost graceful in a way, but also very methodical and precise. Arnold was definitely creating something. But to say I knew at the time that he could become the character in, say, *True Lies,* would be false. I couldn't have said that back then. Arnold knew he had a big challenge ahead of him, and he had to work very hard as an actor to become better and better. But he did it. He did it with the same single-mindedness and purpose as he used to win his bodybuilding titles. He knew that the key to success was never taking a bigger step than you know you can make. Arnold worked his way to the top in small steps. Success didn't happen overnight. Over a 10-year period he got to a point where he could handle much more complex roles – the subtleties of humor, comedy and drama – that he couldn't have done in 1983. Now he can do anything as an actor.

**MMI: I interviewed Arnold on the set of *Eraser,* and he spoke at great length about you and how highly he thought of you. He also told me that you two were very close friends aside from working together. I don't think most people are aware of that.**

**JC:** Hell, yeah. We're definitely buddies. We go out and ride our Harleys together and hang out.

SCHWARZENEGGER
IT'S NOTHING PERSONAL.
TERMINATOR 2
JUDGMENT DAY

Autographing a fan's poster.

A *T2* movie poster autographed by the Oak and James Cameron sold for over $10,000 at a charity auction.

**MMI: How did that friendship evolve?**

**JC:** As a business relationship, but we really hit it off. Later on I'd invite him to something. Then he'd invite me to something. I would wind up going to his birthday parties and hanging out with him and his family. More than 13 years have gone by since we first met, and we still like each other. He's an incredibly likeable guy. We've been through a lot of shit together (laughs). I mean, we make these pictures together and we work intensely side by side for over six months at a time. Through that partnership we've developed a trust and respect for each other. A friendship grew out of that. The ultimate thing to remember is this: We both trust each other to deliver the goods. I know I can depend on him. He knows he can depend on me. I know that Arnold is going to be there and he's going to do whatever is necessary to give a great performance, to make a great movie. So we were made for each other, in that sense, in terms of kicking ass when we make a film. We both know what it takes to get the job done right. We both know the rules, and each of us knows we can count on the other. It's a little like being two parts of a SWAT team.

**MMI: Is that what you think accounts for the enormous success of the Schwarzenegger/Cameron combination? I mean, *T2* and *True Lies* have been two of the most successful films of all time.**

**JC:** In my opinion, there's always an element of luck in any success. But having said that, we knew what we were going after and we did it. Any doubts Arnold has about what we're doing with the picture are expressed immediately, up front. And when he buys off, he buys off wholeheartedly! Let me give you an example: In the beginning of *Terminator 2* I told Arnold, "You're not going to kill anybody in this movie."

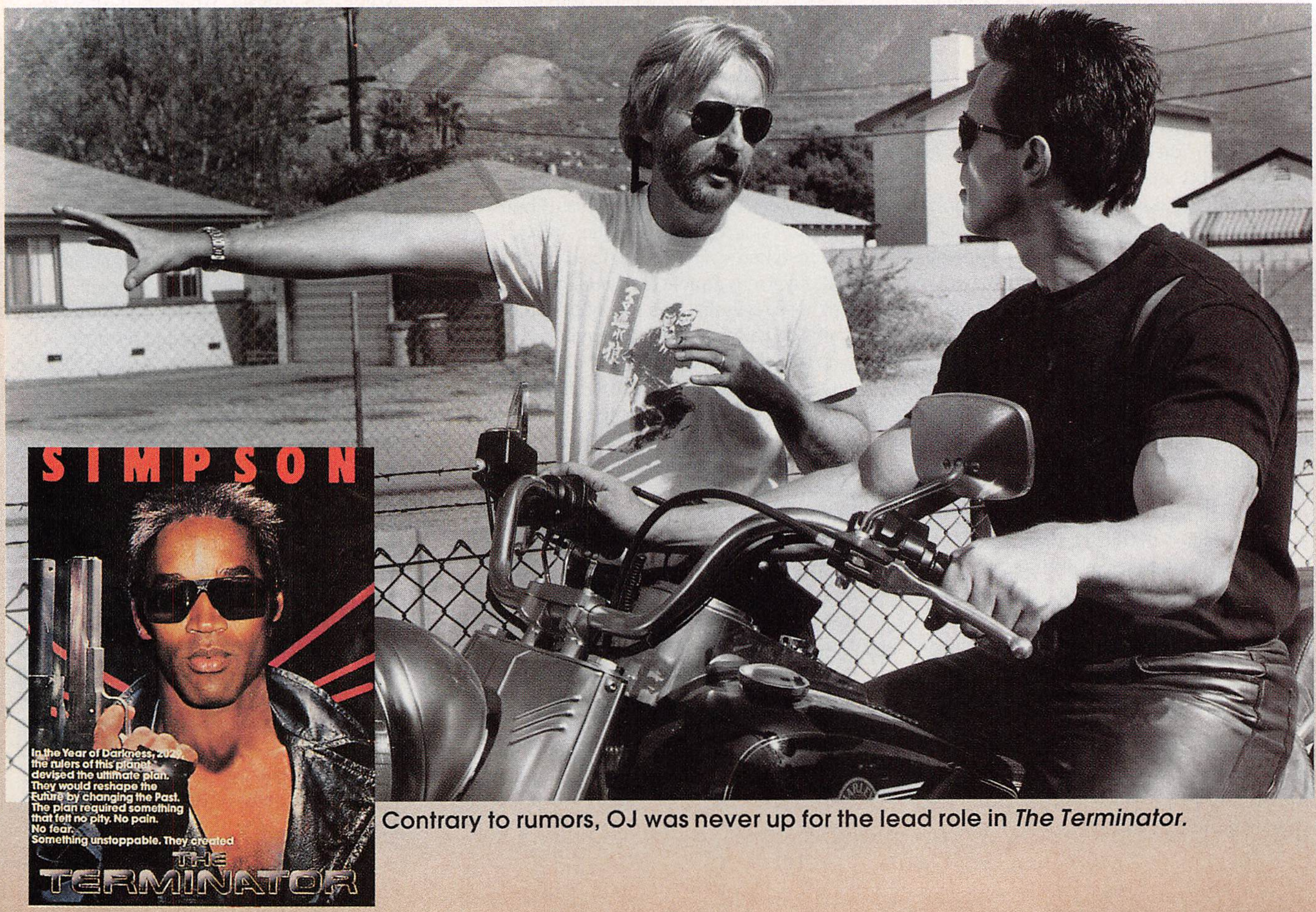
"I have to," Arnold explained. "I'm a terminator!"

"I know," I said. "That's what's great about it. That's what makes it so cool."

"Can't I kill just a few people?" he begged.

"No," I told him, "it doesn't work. You can't kill anybody."

"'You're not going to kill anybody in this movie.' 'I have to,' Arnold explained.' I'm a terminator!'"


SIMPSON
In the Year of Darkness, 2029, the rulers of this planet devised the ultimate plan. They would reshape the Future by changing the Past. The plan required something that felt no pity. No pain. No fear. Something unstoppable. They created
THE TERMINATOR

Contrary to rumors, OJ was never up for the lead role in *The Terminator.*

To which Arnold replied, "Even before I'm reprogrammed?"

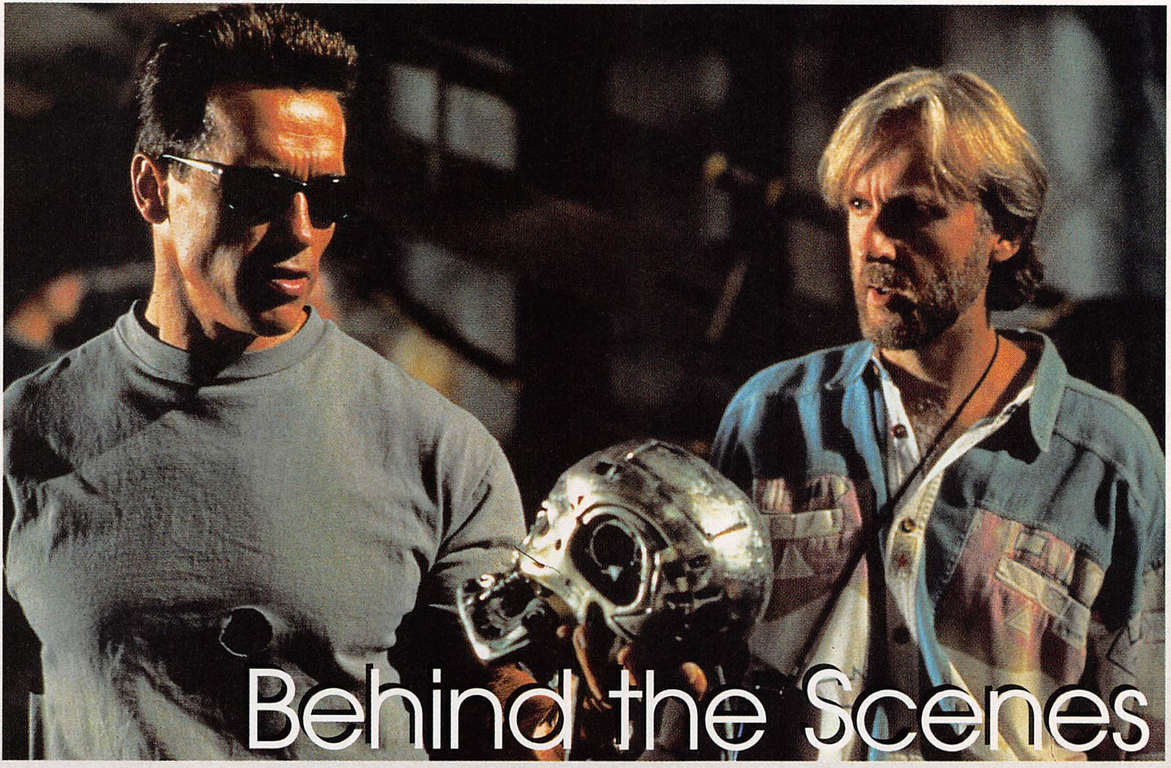
"Nope, you can't kill anyone. You're a good terminator."

"I don't get to kick ass?" he said. "This will never work."

But eventually he agreed, and from that conversation on the question was never raised again. He never tried to second-guess me on the set, and we worked toward the goal of making *T2* the best it could be. Whereas other actors might have tried to have it both ways, Arnold went after the role as if it was his own dream. He gets really into his roles, and becomes thoroughly involved in the film. That's what is really, really critical because if there's a conversation like that it has to happen up front, before filming begins, or else the actor and director are working towards different goals. There have been times when I have failed to convince him about certain matters. With *True Lies,* Arnold had asked me a couple of times to go back and work on the script because there were some parts that he was not comfortable with. And they weren't necessarily the parts that I thought they were going to be. For instance, he wanted to have more of a relationship with the daughter and some more emphasis placed on his character's marriage. I wrote this big tango scene for him and I thought he was going to throw it out. When I sent him the script, in the margin next to the tango scene I wrote, "This is your most dangerous stunt!" In typical Schwarzenegger fashion he set about learning how to tango just as he went after winning the Mr. Olympia title.

> "It's a little like being two parts of a SWAT team."

## Behind the Scenes



**MMI: So you're both very talented, and the combination is great.**

**JC:** Well, we're both very driven people. I recognize a certain element of myself in him and vice versa. We are both driven to perfection.

**MMI: But the most successful Schwarzenegger films are all Cameron films.**

**JC:** (laughs) Knock on wood!

**MMI: You enjoyed huge success with *The Terminator.* Then you set unprecedented box-office records with *T2.* Shortly after, *True Lies* proved yet again that the Cameron/Schwarzenegger combination was unstoppable. Recently you two joined forces for the $70 million *T2-3D: Battle Across Time* attraction at Universal Studios in Florida, which has received stellar reviews from all over the world. What will be the next Schwarzenegger/ Cameron project?**

**JC:** Thanks. We have some projects under discussion at the moment, and we're both looking forward to working together again. We haven't settled on anything yet. He often calls me up with suggestions and asks what I think of this and that. I love to hear what he's got cooking. Sometimes, though, an idea just comes out of the blue. Arnold called me with the idea for *True Lies.* It wasn't called that at the time, but he had got the nucleus of the story from a little 1991 French film, *La Totale!* The last thing I wanted to do was a remake of a French comedy, but Arnold showed me the movie and got me interested. What appealed to me was the fact that he said, "Jim, I really like this character." He had never said that to me before. Arnold had always said he liked this or that project or liked the action in a film, but he had never said that he liked a particular character. I had to pay special attention to that because it meant Arnold had definitely arrived as an actor. What he liked most about the character was that he would get to play a softer or more emotional role – the family man – and counter that with the big action stuff. He was very clear right from the beginning that he wanted to make a much more turbo-charged action-filled version of the French original.

The other characteristic that separates Arnold, I think, from a number of other stars is that he knows what he works well in and why. *True Lies* is a perfect example. I didn't think right away that it was a great idea. When I saw the French film, I thought, 'Replace this pencil-necked geek with Arnold Schwarzenegger?' But the idea worked out very well. Arnold is really a genius on that level – knowing what works.

**MMI: Will there be a *Terminator 3?***

**JC:** We don't know. The rights to the film are a little tangled right now and with the demise of Carolco Films, who produced the second film, it's all being sorted out in bankruptcy court. Having the rights to the film split between two owners, one of whom is bankrupt, makes a very, very difficult situation. I really can't predict what's going to happen. I can tell you this, though: Arnold and I both want to do it! The reason why we did the *T2-3D: Battle Across Time* project (which, by the way, is a killer, *killer* attraction that turned out better than we thought it was going to) was to keep the characters in the public's consciousness – and in our own consciousness – so that they will still live and we can see them working in all sorts of different situations. In *T2-3D* is a whole different story with the same characters. Wearing those characters again was fun. We all got a huge charge out of it – Linda Hamilton, Eddie Furlong, Robert Patrick, Arnold and I. We were like, "Hey, let's go do *Terminator 3!"* The rights are all bungled up now, so we have to wait again, but we are all willing to do it. We all want it to happen. It's just a question of when and whether the deals can be made.

**MMI: What stands out as your favorite Schwarzenegger film?**

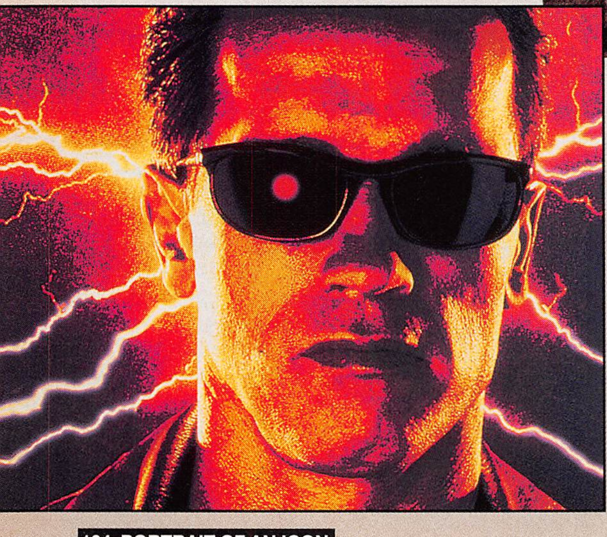
**JC:** (pauses) …I don't know. Everybody loves the Terminator, and Arnold created

"I just felt that he *was* the Terminator – as if the character had been written for him."

with those two films a pop-culture icon that is recognized worldwide, but I would have to say I like *True Lies* the best because I enjoy the range it shows. I like *Junior* and *Jingle All The Way* for the same reason. They show a side of him that people don't expect. I think Arnold is best when he is keeping people off balance. When he does a film like *Eraser,* which is a very well-made movie, he is doing what you expect him to do. That's why for me personally – in terms of Arnold's development as an actor – *Eraser* is a little less satisfying. (And I am not dissing the film.) When you're seeing him do all kinds of things you don't expect him to do – and you're buying it – that's fun.

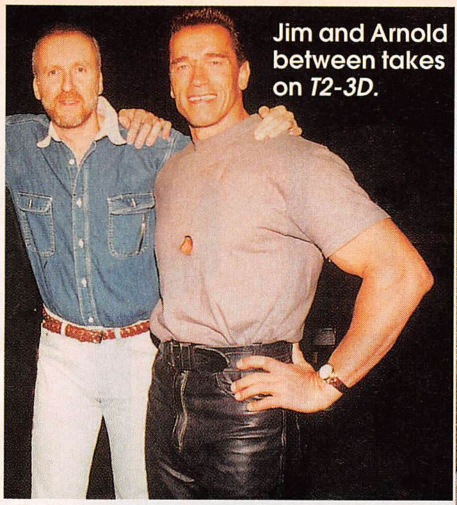
**MMI: Since you're the world's leading director and producer, and since you've known Arnold for many years, I believe you are the most qualified person to answer this question: What do you feel Arnold's future in Hollywood holds? What type of roles or films do you see him doing? Can you see a future for him as a director or producer?**

**JC:** I think his future is as unlimited as he wants it to be. Arnold can have one of those evergreen careers that just goes on and on and on. People are always going to want to see him – in the way that they have always wanted to see Clint Eastwood. Arnold's career over the past 15 years or so has proven that his stardom is not going to turn stale because he's always doing something different. He's tried his hand at directing although I get the impression that he's not dying to run back and do it again. But he's proven that he can do it. He certainly knows enough about making films to be a producer and has actually functioned in a kind of producer's role in the films that he's done. I think he's just satisfied with being Arnold and being the star of the movie. I don't think he needs what he would perceive as a lesser title to make his career greater. Arnold can do whatever he wants to do. History has proven that whatever he sets his mind to he accomplishes – be it bodybuilding or acting. So his future is limited only by what he wants. There are some things that audiences clearly expect from Arnold and some things they don't. Everybody's career has to be plotted strategically to a certain degree. You don't want to be doing the same thing over and over again. But you also don't want to let the fans' interest wane. That's a fine line that every actor has to walk. I see Arnold continuing to make hit after hit. Definitely. There's no reason why he can't. There's never been a sense that the general movie-going public has turned against him for any reason, and I can't imagine that ever happening.



**MMI: Although he could easily switch from the action/ humor genre of acting to, say, dramatic roles, do you feel he is fairly limited to action-type roles?**

**JC:** I don't think that it's a limitation. I think it's a choice. When you're great at something, the world wants to see you do what you are great at. And Arnold's smart enough to know that the world wants to see him doing things that other people can't do. Why should he do things that other people can do when he can do what other people can't? That's what is great about Arnold. He is intelligent enough to know that you make films not for yourself, but for your audience. You do what your audience wants to see you


Jim and Arnold between takes on *T2-3D*.

do. Don't get me wrong, Tyler. I'm not saying this as a coy way of creating limitations on Arnold's acting abilities. What I am saying is that he can do anything he wants to do, and if he wants to do true dramatic parts – and I know he does – he will. And he will succeed at it because he will choose the project very carefully, he will choose his filmmaker carefully, and it will be done in the right way at the right time.

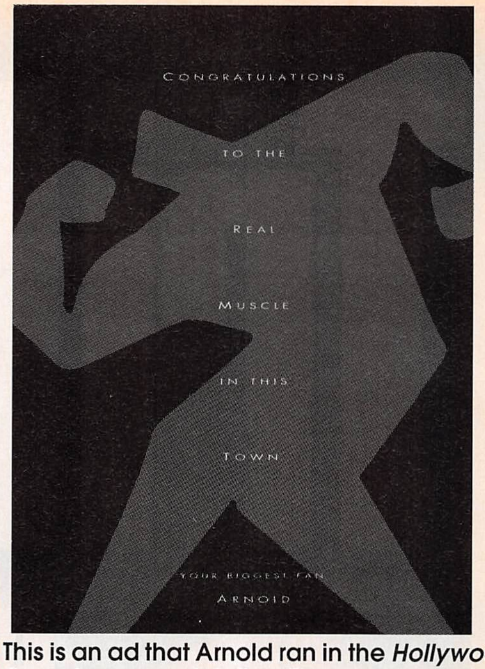
**MMI: What is he like to work with?**

**JC:** Arnold kids around a lot. He keeps the tone light, but when it's time to go to work, he's extremely focused and disciplined – and tireless! He'll just go and go and go. If I wanted to do 50 takes of a particular scene, he'd do them. But you don't need 50 takes. Sometimes you need eight, nine or ten takes – whatever is required to get it right. I do very complicated shots, complicated moves and use complicated lighting and, of course, complicated special effects. Arnold never complains about this stuff because he knows it makes the movie better. In order for him to be great, everything else in the movie has to be great. Everything has to fit together to make a great film. And Arnold's not interested in making anything less than a great film.

**MMI: I know you have to run and get back to filming *The Titanic*, but is there anything else you want to add that we haven't touched upon?**

**JC:** I think we've pretty much hit the basics, Tyler. Look, I know I sound like the leader of his fan club, but you know, the guy's just cool as shit. **AS**

"Look, I know I sound like the leader of his fan club, but you know, the guy's just cool as shit."


CONGRATULATIONS

TO THE

REAL

MUSCLE

IN THIS

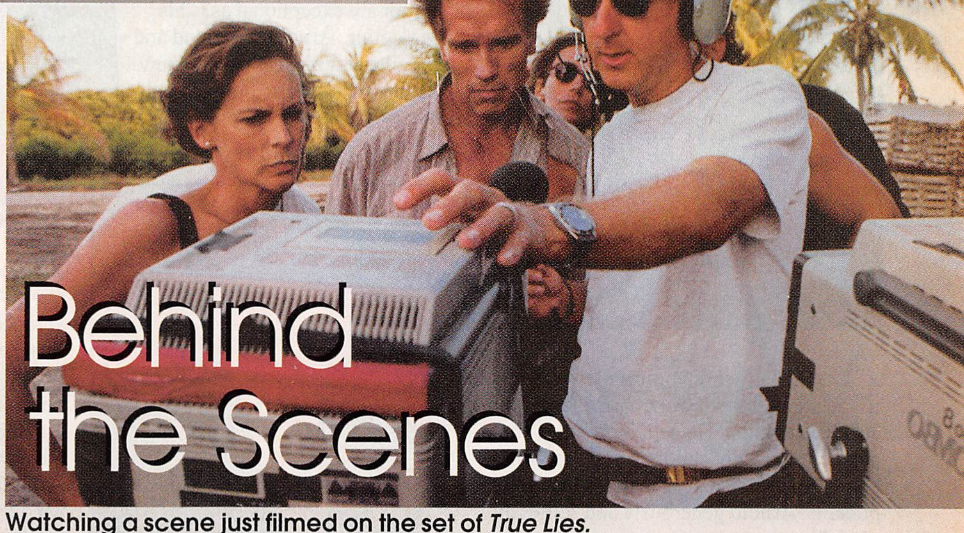
TOWN

YOUR BIGGEST FAN

ARNOLD

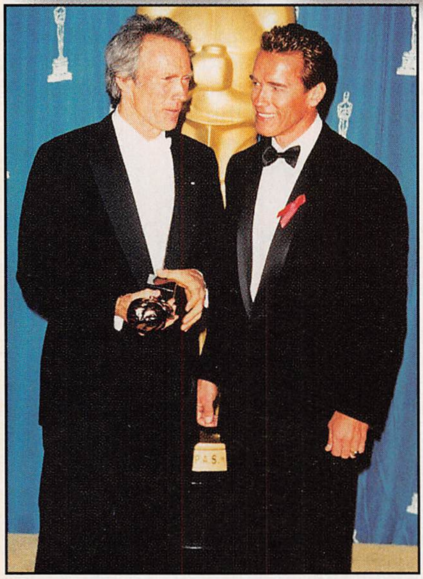
This is an ad that Arnold ran in the *Hollywood Reporter* congratulating Cameron on being named Producer of the Year.

## Behind the Scenes


Watching a scene just filmed on the set of *True Lies*.

Arnold arriving at the premiere of Cameron's *Aliens* in 1986.

# Tributes



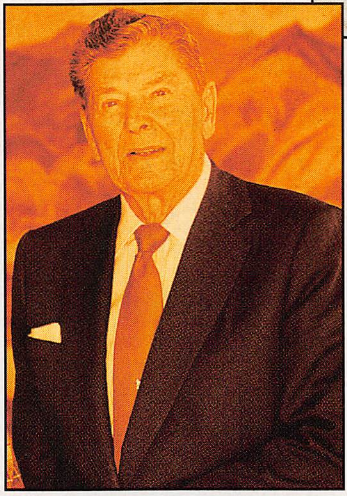
I have the greatest respect and admiration for Arnold, not only for his accomplishments as a bodybuilder and an actor, but as a businessman and example to others. I think his intelligence, self-discipline and sense of humor are exceptional as is his work ethic. Arnold is a friend and I've always enjoyed his company. Best wishes to him for this much-deserved tribute.

**– Clint Eastwood**

Art Zeller

Some people get lucky and become big stars overnight, but in Arnold's case, what made him a star was his perseverance. First he said, "I've got to win Mr. Olympia," and then he set about making it happen, step by step. His next goal was to become one of the top names in show business, and again he went about it step by step. Making it to the top took time, effort, training, persistence in advertising himself, but most of all, ambition. Maybe if Arnold had been a Rockefeller, he would never have won Mr. Olympia, and he would not be the biggest star in Hollywood. I don't know. But I do know he needed to make it big. He was born poor. Nobody gave him anything. Achieving his goals was a must.

**– Franco Columbu**



Arnold has proven time and time again that if you are willing to work hard enough you can achieve anything. He genuinely cares about people, especially children, and their well-being. As evidenced through his humanitarian pursuits, Arnold generously and selflessly gives back to society in every way that he can. Arnold Schwarzenegger is a great American and an inspiration to us all.

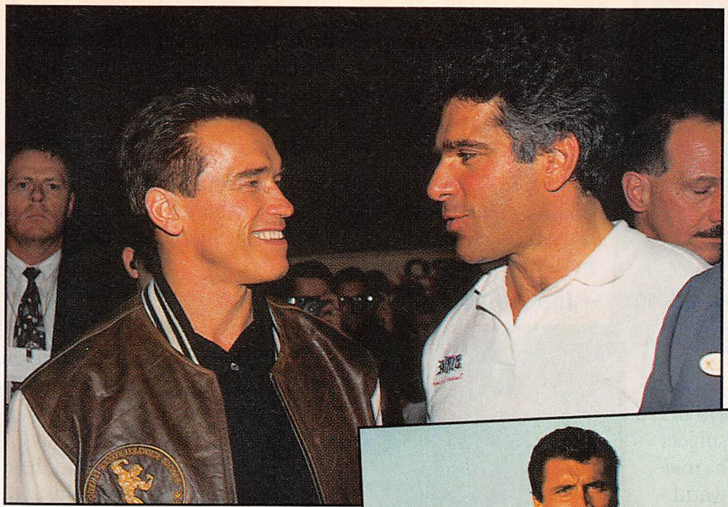
**– Ronald Reagan, Former President of the United States of America**

Arnold Schwarzenegger – or, as I like to refer to him, Conan the Republican – is a distinguished American and a personal friend. He is a wonderful person, an excellent role model for America's youth, and a man I am very proud to have worked with in my administration. Arnold is the personification of the American Dream, proving that no matter who you are or where you come from, you can make it in America. I can't wait to see what the future holds in store for him.

**– George Bush, Former President of the United States of America**

You can certainly call Arnold savvy and you would be right. But there's a lot more to him than that. He has an incredible mind, a wonderful personality and a hilarious sense of humor.

**– Bruce Willis**

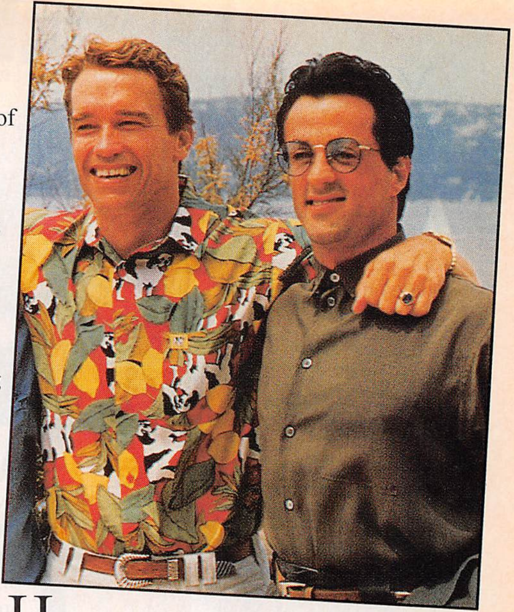


Arnold is one of the most dynamic and extraordinary individuals of our time. And the best is yet to come.

**– Jim Lorimer**

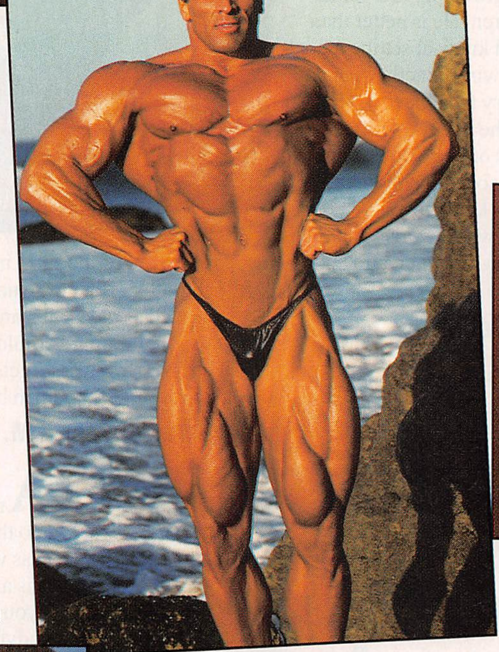
Arnold will always be the king of bodybuilding.

**– Joe Gold**



He's the greatest! I am proud to call Arnold a close friend and business partner. Happy 50th, big guy.

**– Sylvester Stallone**



We all should be proud of what Arnold has done for fitness and bodybuilding. I'm proud to have him as a friend and idol.

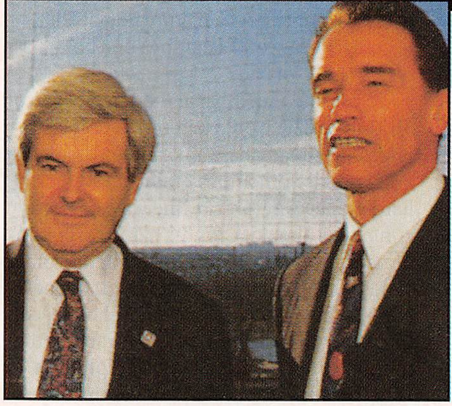
**– Lou Ferrigno**

When I'm asked about Arnold Schwarzenegger, two words always come to mind: *discipline* and *confidence.* I send highest respect and congratulations to a man who has beaten all the odds in life to succeed!

**– Sharon Bruneau**

He's the biggest asset to the Republican party! Happy 50th, Arnold.

**– Newt Gingrich, Speaker of the House of Representatives of the United States of America**



I predict he is going to be big – very big! Much love, Arnold.

**– Linda Hamilton**

I feel very fortunate to know him. He has been my greatest inspiration since we first met over 25 years ago. What I admire most about Arnold is his love for children. We are both living the same dream… it's called America. Thanks, Arnold.

**– Tony Nowak**

I have no words to describe Arnold as a bodybuilder, movie icon, businessman, person… other than *God.* He is just great. No – the greatest!

**– Milos Sarcev**

Arnold is approaching a very special time in his life. Take it from a man who's just turned 50 – it's wonderful! I feel that Arnold, with the great success he has achieved in his films, has been able to shatter the myth and show the world that bodybuilders are very smart and very talented. Happy birthday, Arnold. All the best.

**– Gregory Hines**

Arnold is by far the best professional contest promoter. He has the best accommodations and amenities for the athletes. He really looks out for them. Now, if he wants to be the best actor, he needs to get with the program and sign me on as his co-star. Happy birthday, Arnold, and God bless you and your family.

**– Flex Wheeler**

Every sport has its chosen son. In baseball it's Babe Ruth, in basketball it's Michael Jordan, in hockey it's Bobby Hull, and in bodybuilding it's Arnold Schwarzenegger!

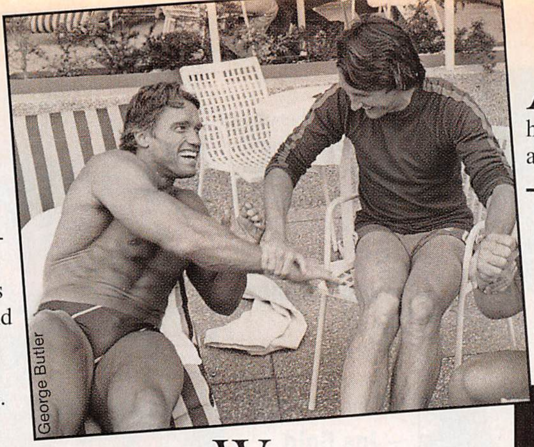
**– Lee Labrada**

# to an Icon

Layout By Wil McKeown

You have to admire Arnold not only as one of the greatest bodybuilders of all time, but also as someone who set himself tremendous goals early on in life. He has been able to realize and perhaps surpass all of these goals. Arnold is truly larger than life.

**– Dorian Yates, Mr. Olympia**



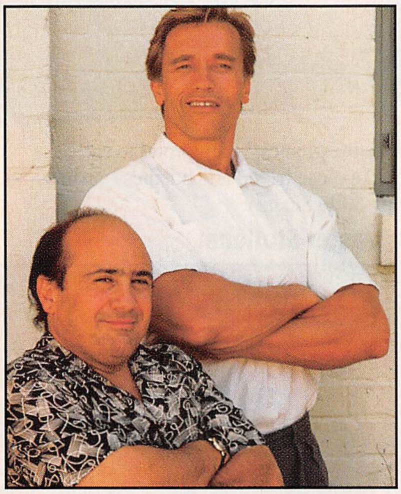
George Butler

Arnold Schwarzenegger is the most single-minded individual I have ever met. This trait has taken him to the top of bodybuilding and hence to the top of Hollywood.

**– George Butler**

Arnold has always had an iron will and an iron heart. He knew what he wanted and where he wanted to be and knew exactly how to get there. Arnold is a fabulous personality, a great champion and a wonderful friend.

**– Joe Weider**

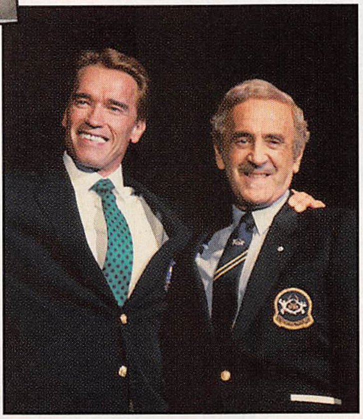


What is Arnold like? I did a whole article on the subject once. Arnold is an alpha male. He is a grown-up in a world of children. He is better than anyone I know at setting a goal and knowing exactly what is necessary to achieve it. He also enjoys the hell out of life, which is one reason he handles success so well. Arnold just seems to know instinctively how the world works, and that's a gift that has taken him a long way.

**– Bill Dobbins**

Arnold Schwarzenegger *is* bodybuilding.

**– Dave Draper**



The greatest characteristic of Arnold is that, regardless of his incredible success in movies, business and humanitarian pursuits, he has never forgotten his roots in bodybuilding. He loves bodybuilding as much now as he did when he was Mr. Olympia. Arnold never stops promoting the sport and the positive effects bodybuilding and fitness offer.

Often, when people move out of the sport into other areas of life, bodybuilding is forgotten. But not Arnold. He believes in total fitness – mental as well as physical – and has always preached the benefits of weight training. Arnold's ties with the IFBB have always been strong. He never forgets his friends. Arnold Schwarzenegger is a wonderful human being.

**– Ben Weider, CM,PhD, President of the IFBB**

Arnold's drive, energy and hunger to learn are limitless. He's one of the few guys who can make me laugh! Happy 50th.

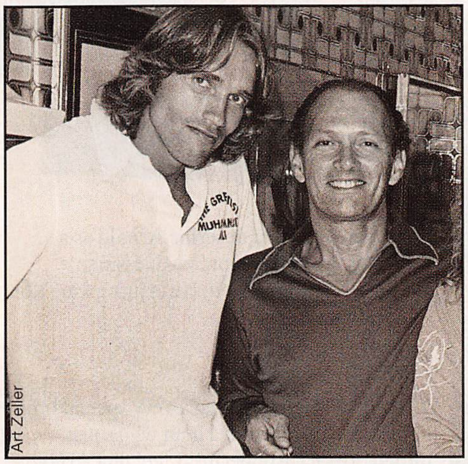
**– Danny DeVito**

I've said it a million times but still it deserves repetition: Arnold resurrected bodybuilding via George Butler's documentary *Pumping Iron.* Everything that has happened since, in particular the bodybuilding industry – with all its branches – is a direct consequence of Arnold's coming!

**– Rick Wayne**

I think that he's done more than anyone else to bring money and recognition to bodybuilding. He has given the sport a good name. Arnold has a limitless amount of drive and ability which allow him to achieve anything he sets out to do. I'm happy I had the good fortune to train with Arnold, let alone meet him.

**– Frank Zane**



Art Zeller

Arnold is very very sentimental – he loves to talk about the old days. He is very observant and is totally aware of the most minute details. For example the last time we met we had lunch at my friend Henri Hubet's restaurant, and he was reminiscing about his stays at our home. He asked how our manservant George was, and he recalled not only the roses in our garden but also their exact location. He takes everything in. He is very intelligent – never reluctant to ask questions about anything he is unsure about.

Arnold's physique and personality were always spectacular and unique. It was obvious from the early days that he was destined to be a winner.

**– Reg Park**

Arnold must have decided a long time ago that he would not let this life pass without achievement. As a youth he was a swimming champion in Austria. As a young man he won every major title in bodybuilding, including the Mr. Olympia title seven times. As a mature man he has become Hollywood's number-one box-office star. Not bad.

You would think that at the ripe old age of 50 (July 30) he would begin to take it easy, relax. He already has fame and fortune – but not Arnold. Sometimes I think he works harder than ever (and, by the way, he never complains about it). It's his nature to continue achieving, growing, expanding into other fields. He's curious and interested. Idleness bores him. He refuses to be lazy. I have seen him swim many laps in his pool early in the morning after working hard all night on a film. He still very much believes in daily exercise.

Is Arnold still the greatest bodybuilder ever? After all, time marches on, and bodybuilding methods have advanced a lot. Also, the worldwide acceptance of weight training has brought to our sport many men and women with enormous potential. As a result we have more great champions today than ever. They all have their fans, but I'm sure you know my opinion.

**– Artie Zeller**

**Compiled by Tyler Dinwoodie**

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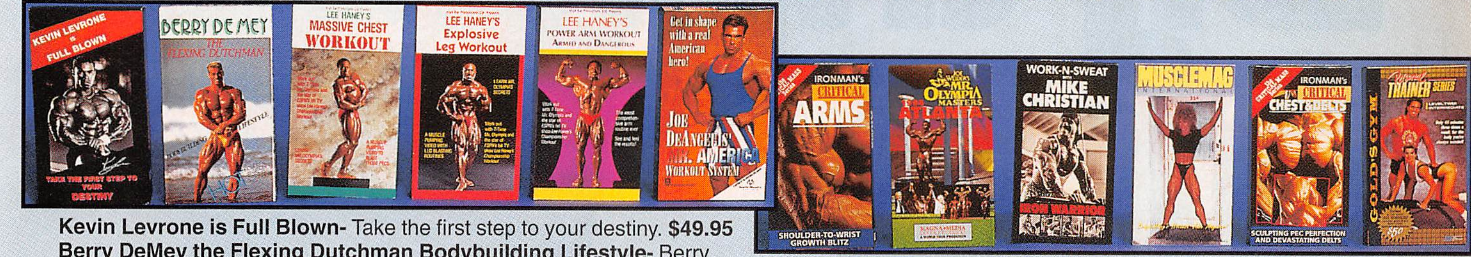
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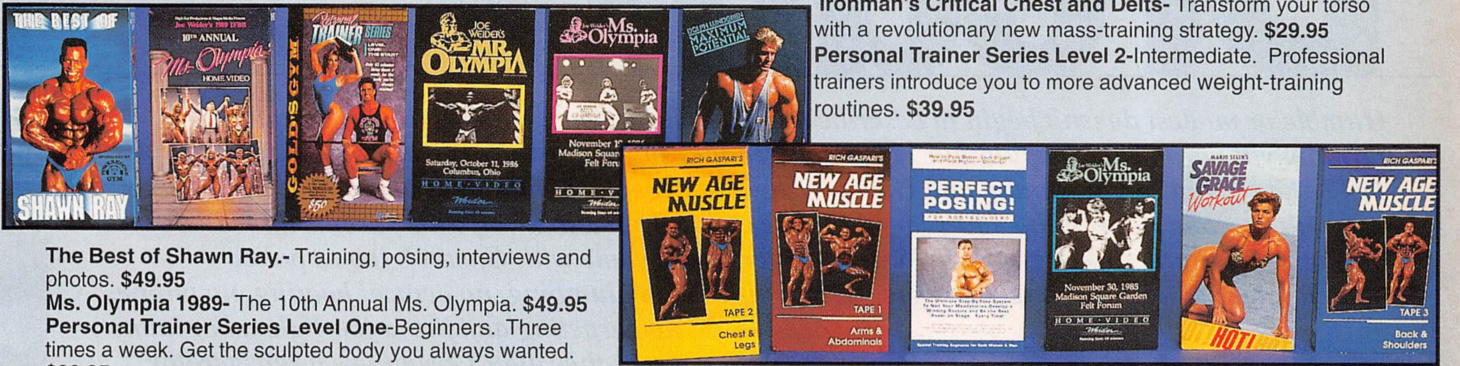
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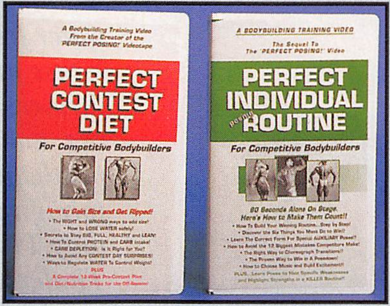
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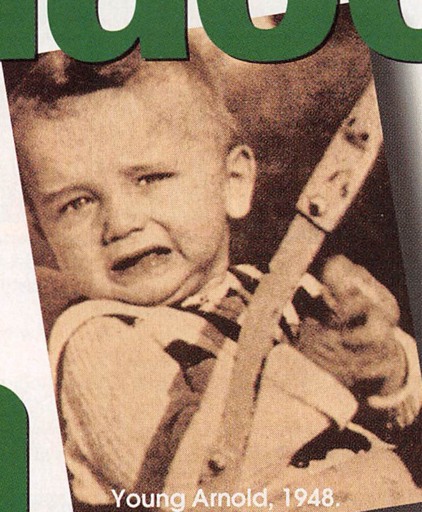
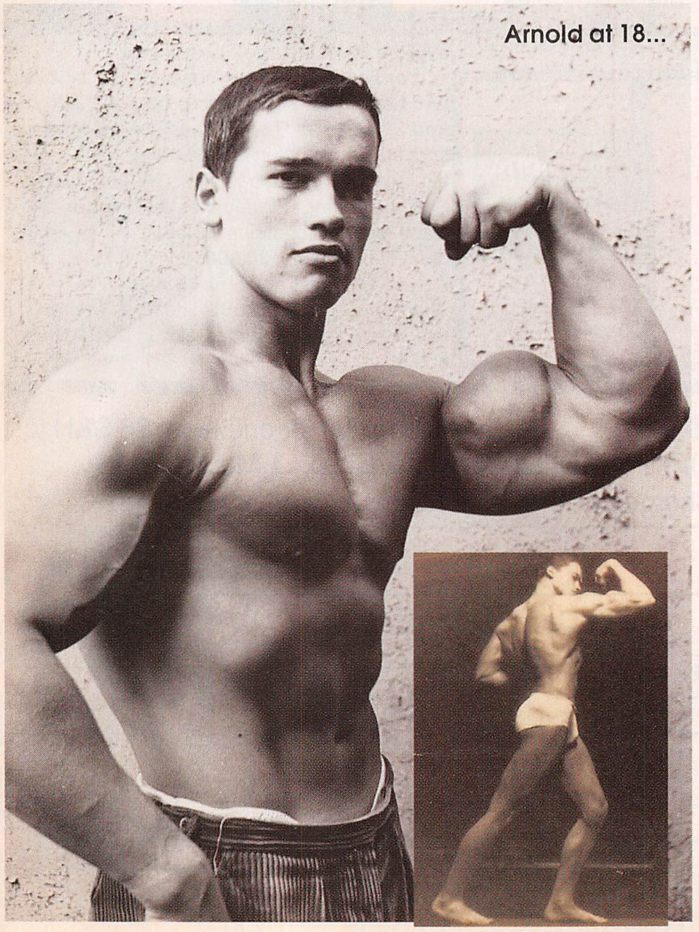
# Birthplace of a Dream



Young Arnold, 1948.

*Humble or modest doesn't begin to describe Arnold Schwarzenegger's origins in the quaint farming village of Thal (population 1200), located four miles outside of Graz, Austria. Born in 1947, the second son of Aurelia and Gustav Schwarzenegger, (Thal's chief of police), Arnold grew up on the second floor of the 300-year-old home at 145 Thal-Linak with his parents and older brother, Meinhard. Although the Schwarzenegger house came with Gustav's job as police commandant, it had absolutely no modern amenities – no plumbing, no central heating, no phone, no carpeting and just a few lights. For many years they didn't even have a refrigerator. Arnold and Meinhard would have to fetch water from a well 150 yards from their house and get fresh milk from neighboring farmers every morning. Entertainment for the family came by way of radio and participating in sports, as television was foreign to the Schwarzeneggers. In fact, the only TV in Thal at the time was at the local Thalersee restaurant, a tourist hot spot overlooking tthe tranquil waters of the Thalersee where the young Arnold spent most of his free time year round. In this exclusive article* **MuscleMag** *takes you to Thal for an inside look at the town and home where the Austrian Oak grew up – the birthplace of a dream.*



Arnold at 18...

...and at 16.

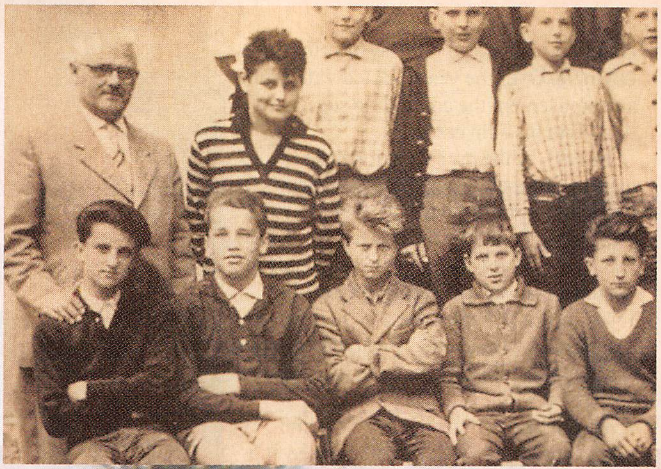
Malcolm Whyatt Layout by Vincent Antonellis

"The Austrian Oak." "The Bavarian Behemoth." "Arnold Strong." Those were the words that Joe Weider used in *Muscle Builder/Power* magazine, then the bible of bodybuilding, to describe Arnold Schwarzenegger when he arrived on the American shores in 1969.

Throughout the '70s I followed with awe Arnold's meteoric rise to success in the sport of bodybuilding. I was both inspired by the man's grit and determination and humored by his unassuming attitude and playfulness. During the '80s my priorities changed and I abandoned my

Mark Mason

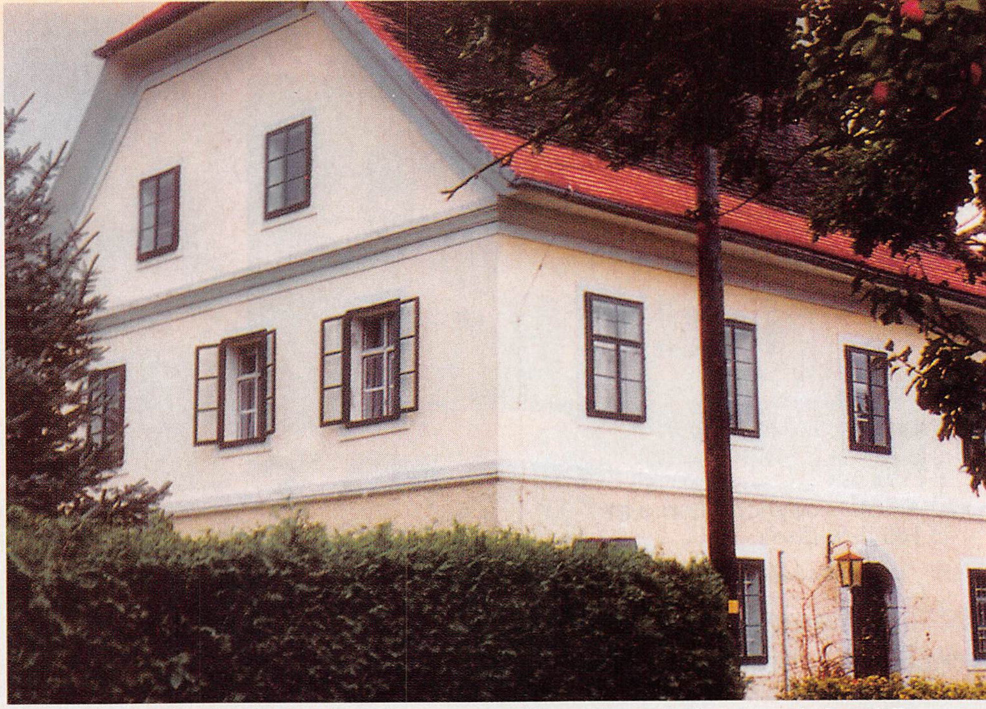
Arnold's boyhood home at 145 Thal-Linak.



The Oak's class photo from the Hans Gross Volksschule (elementary school). Arnold is in the front row, second from left.

The castle ruins viewed from Arnold's bedroom.

## By Mark Mason



The open windows mark Arnold's bedroom. The Schwarzenegger family lived on the second floor of this 300-year-old house.

childhood fantasy of one day becoming Mr. Olympia. Over the years I noted with pride and amusement the continuing success of Arnold in his film career.

In 1991, while preparing for a trip to eastern Europe, I was overcome with a desire to journey to Arnold's hometown of Graz to find out for myself what his village was like and how he grew up. I flew into Vienna on a warm afternoon in mid-July. I was surprised to find the city so modern and busy. As I made my way to the railway station to continue by train to Graz, I was transfixed by the hustle and bustle. Everyone seemed to be hurrying somewhere. Lines and lines of cars honked and sped past. Many people rushed about speaking a flood of foreign languages – German, French, Spanish, Italian and Portuguese. Each time I turned to someone and asked directions, I was met with a shrug or a puzzled look. Finally two Iranian women came to my aid and helped me purchase my ticket to Graz. Then they escorted me to the correct section of the depot to board my train. I settled into my seat wondering how, unable to speak German, I would locate any information about Arnold. Lady Luck would have to smile on me.

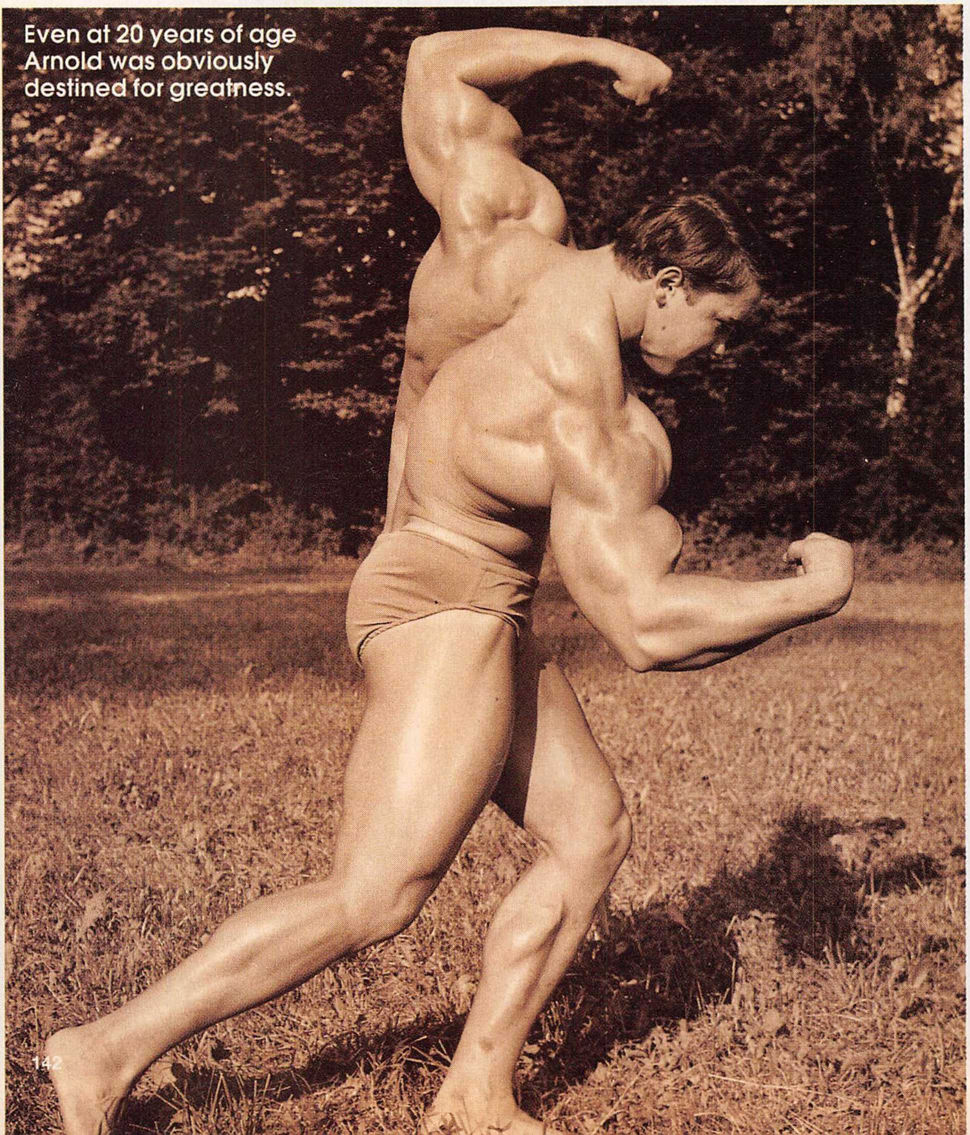
I struck up a conversation with a young woman who was sharing my carriage. It turned out that she also was from Graz. She was willing to give me the names and telephone numbers of several close friends of hers who were acquainted with Austria's number one son and his mother, Aurelia. Lady Luck never smiled more charmingly.

I entered the city of Graz at sunset. What a contrast it seemed from the picturesque farmlands and rolling hillsides that were a common sight during my train ride from Vienna. The city was a thriving metropolis complete with large buildings, speeding cars, and many busy people. I found a youth hostel near the station and settled in for the evening. As I drifted off to sleep, I reflected on the day with a sense of accomplishment, anticipation, and excitement for the day to come.

The next morning I began to follow up on the leads that my traveling companion had given me on the train. First was the name of a friend of Arnold's, Alfred Gerstl, who was now a local politician. Thumbing through the Graz telephone book, I felt like an international Jim Rockford. I was surprised to find Gerstl's name and number listed.

Excited, I dialed the number hoping that someone on the other end of the line would speak English. I was not disappointed. A woman answered the phone and told me that Alfred was out of town for a few weeks. She was sympathetic to my interest in visiting Arnold's home. She explained that he grew up in Thal, a small village about eight kilometers outside of the city. There I could find his former residence.

I returned to the hostel to retrieve my belongings and began hitchhiking the short distance to Thal. A young man named Ralph from Heidelberg, Germany gave me a ride. Ralph was a personable fellow who spoke English very well, and I told him of my quest for the home of Arnold. He smiled and commented that he also admired Arnold. He asked if he could accompany me and act as my guide and interpreter. Lady Luck's smile shone once again!



Even at 20 years of age Arnold was obviously destined for greatness.

Malcolm Whyatt

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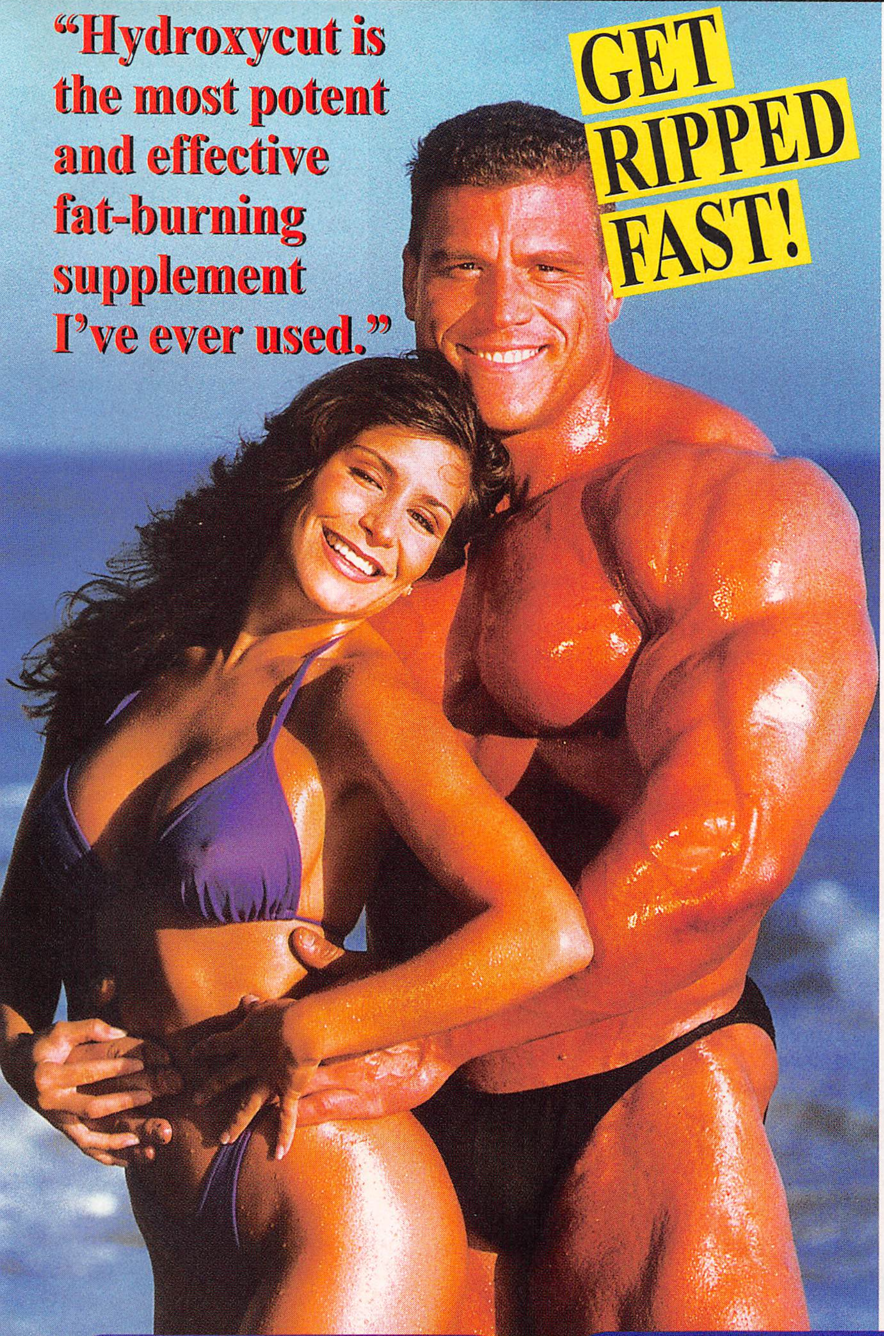
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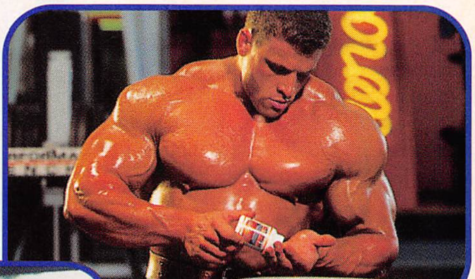

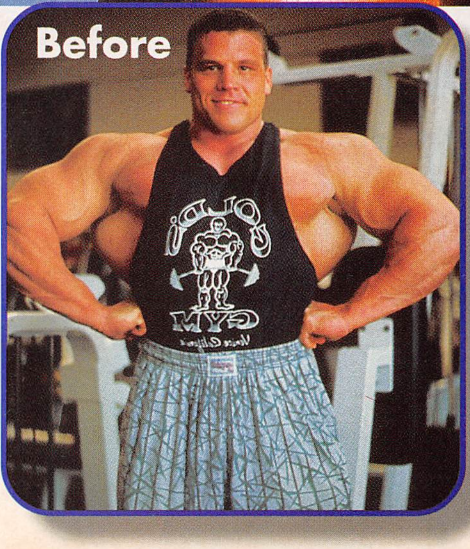

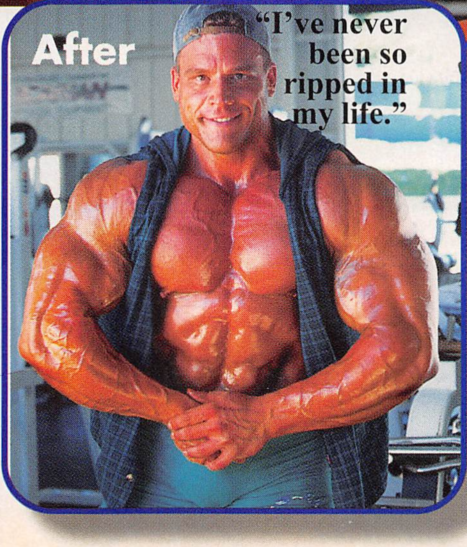
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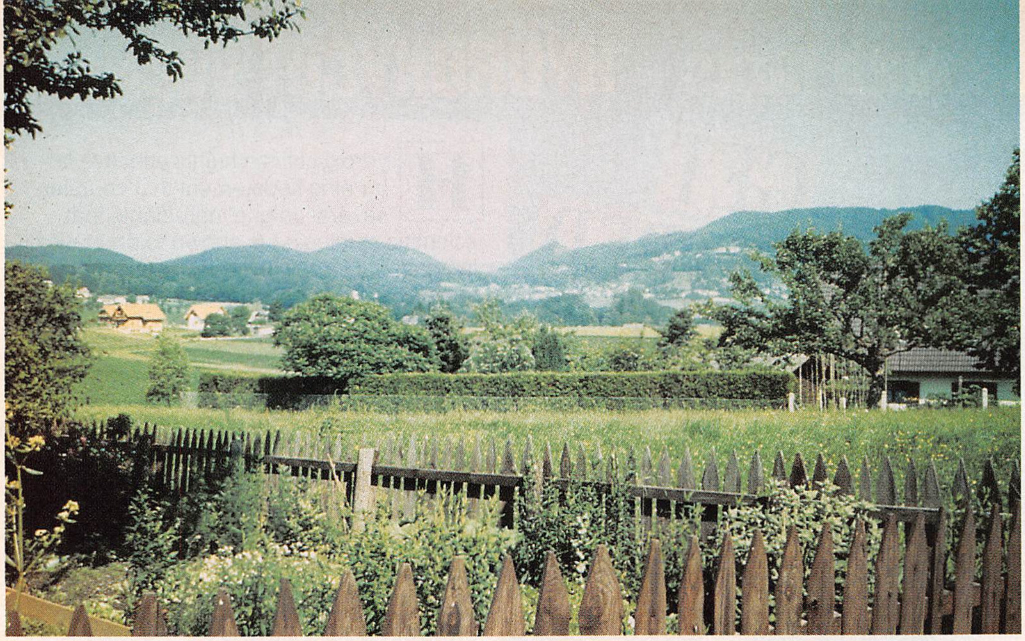


The beautiful Thal countryside.

I marveled at the beauty and old-world charm of the Austrian countryside, but words could not describe the splendor of Thal. A large Bavarian inn stood beside a small lake. Young boys and old men sat along its peaceful banks fishing. The trees were tall and thick, and the friendly sky seemed very close. The silence spoke loudly.

Ralph and I stopped at the Thalersee Inn to have lunch and ask directions to Arnold's house. On entering the restaurant, I noticed a large photograph of Arnold holding his young daughter, Katherine. I knew I had almost reached my goal. While Ralph conversed with the innkeeper, I imagined Arnold as a young boy sitting in the restaurant, staring out the window at the serene lake and dreaming of America.

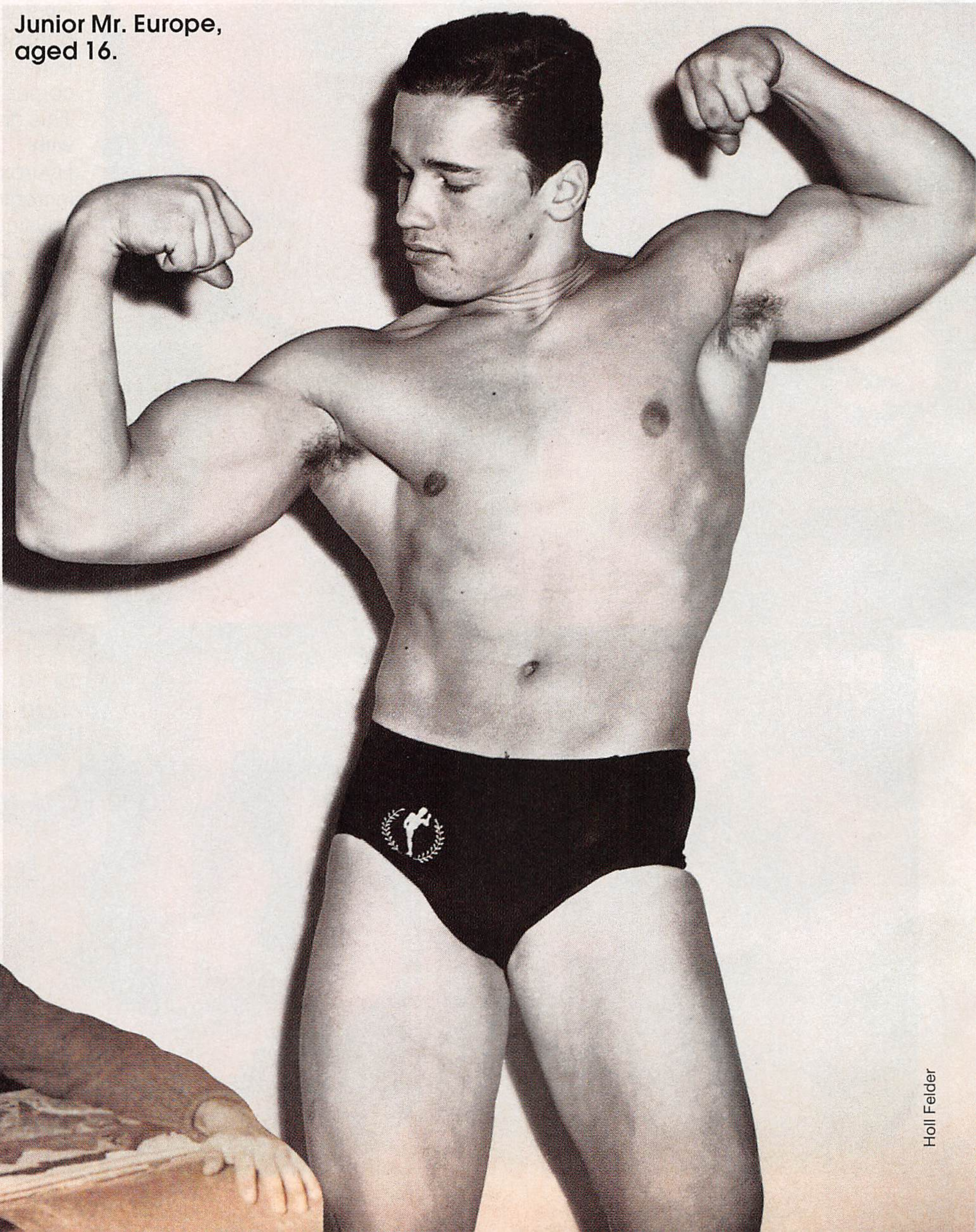
Thal, although very beautiful, had a feeling of restless discontent. The residents seemed resigned to their fate. Dreams were only a distraction from one's hopelessness. But Arnold was one young man who dared to disbelieve that the life before his eyes was the only life. The strange kid, the idealistic dreamer, had a greater vision. From an Austrian country boy to one of the biggest names in the world, what a long way he had come since his days in Thal.

Following the directions given to Ralph, we set out for "Arnold Manor." Four dirt roads and twenty minutes later we were lost. We could see the house but couldn't seem to find a road to get to it.

Stopping at one of the homes along the way, I got out to ask directions. An older lady answered the door, and – luckily – she was able to speak English. She gave me new directions and told me an interesting story about Arnold as a boy.

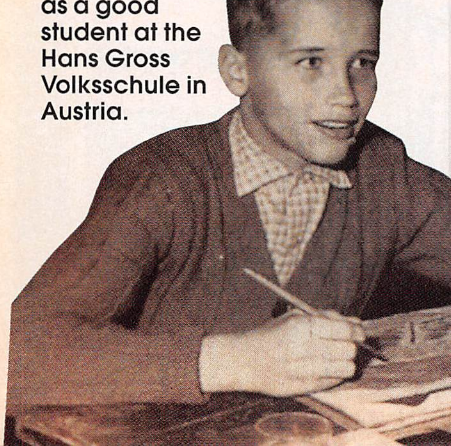
Once, when her daughter was learning to drive along the winding country roads, she missed a turn and ended up putting the car in the ditch. The young girl was very upset and didn't know what to do. Then along came Schwarzenegger. He told her to stand back, and he lifted the car out of the ditch "with the little finger of his left hand."

Once again Ralph and I set off along the dirt roads of Thal. As we came over a hill I recognized the large two-story yellow house with a well-manicured front yard and fence around it. Ralph had been told by the innkeeper that Arnold's father was the chief of police in Thal and that

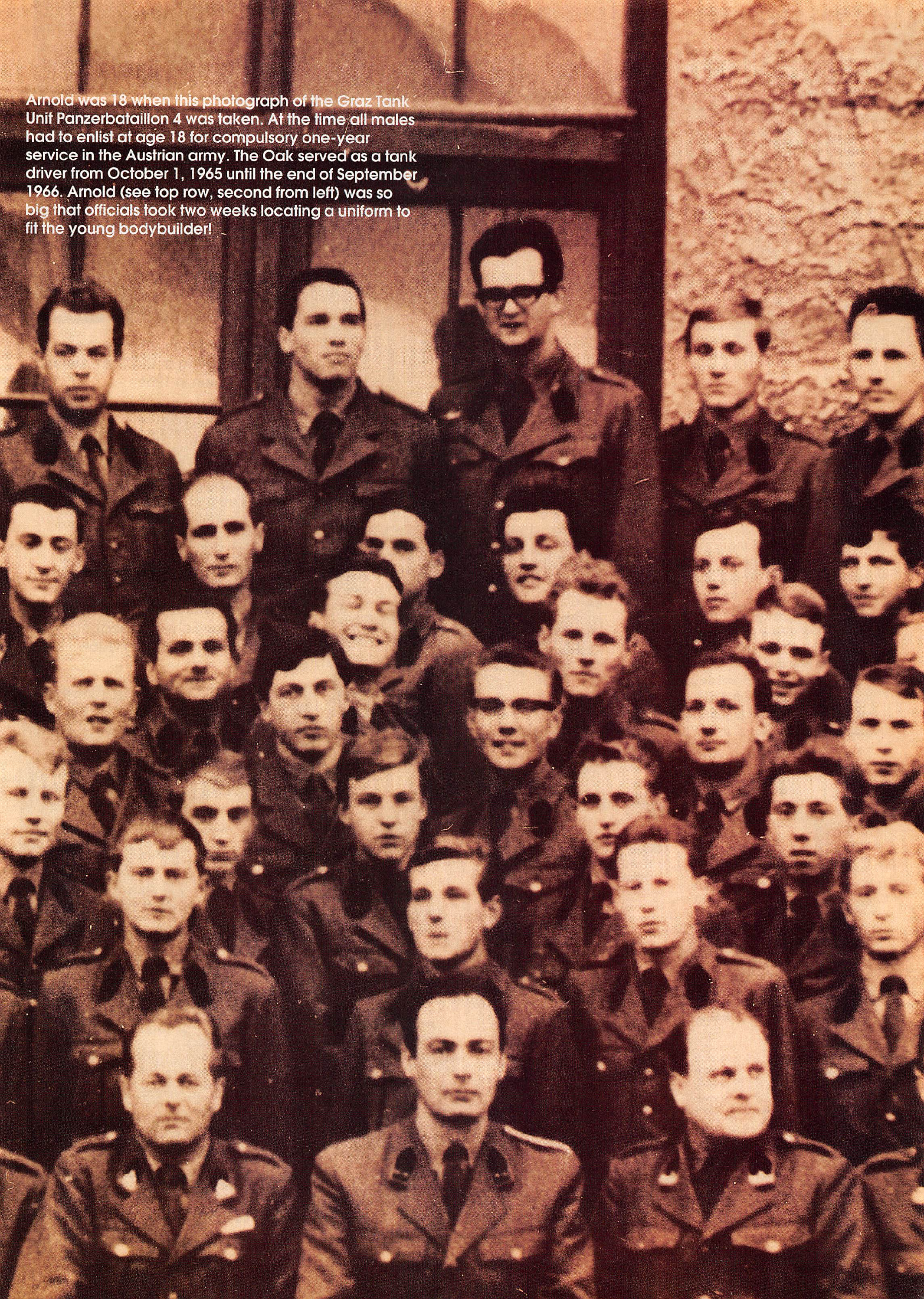


Junior Mr. Europe, aged 16.

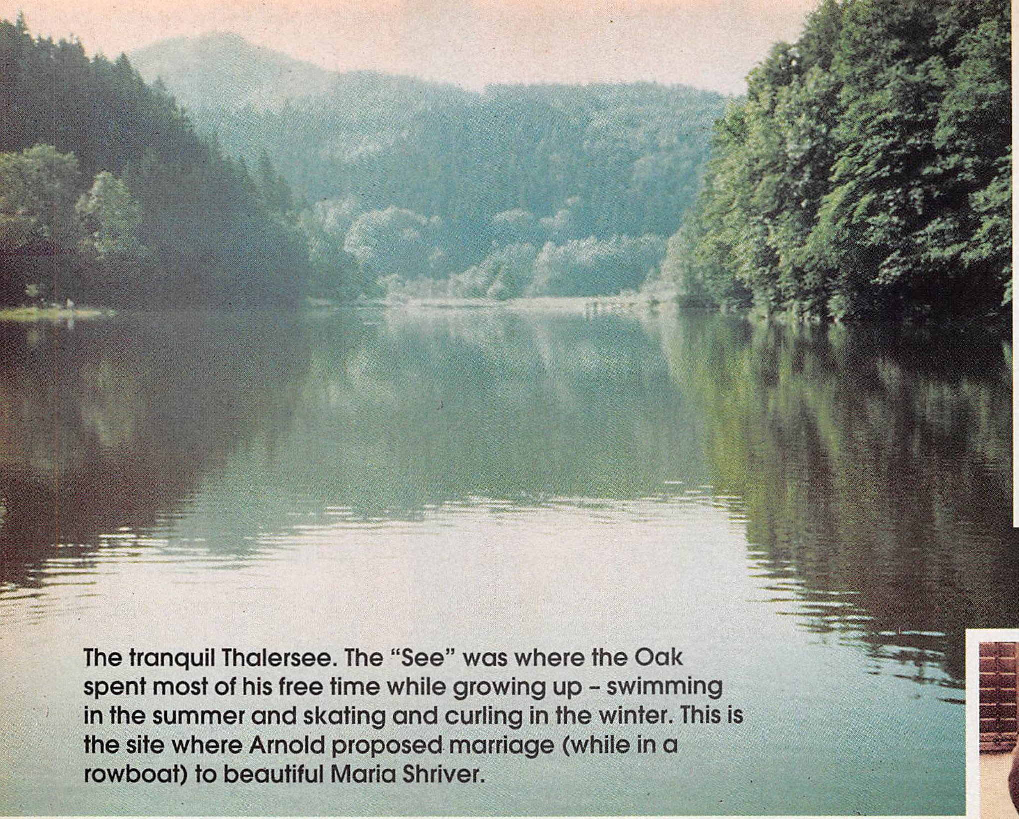
Holl Felder



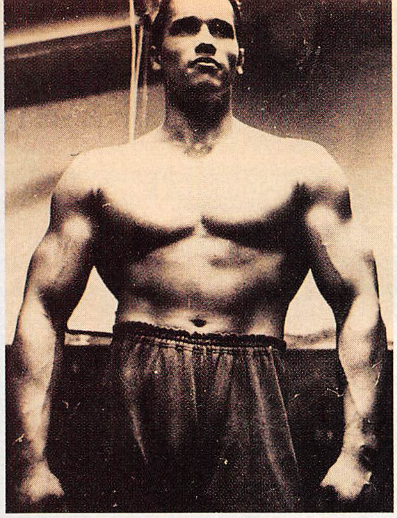
Arnold is remembered as a good student at the Hans Gross Volksschule in Austria.



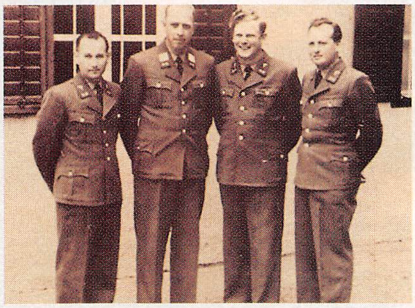
Arnold was 18 when this photograph of the Graz Tank Unit Panzerbataillon 4 was taken. At the time all males had to enlist at age 18 for compulsory one-year service in the Austrian army. The Oak served as a tank driver from October 1, 1965 until the end of September 1966. Arnold (see top row, second from left) was so big that officials took two weeks locating a uniform to fit the young bodybuilder!



The tranquil Thalersee. The "See" was where the Oak spent most of his free time while growing up – swimming in the summer and skating and curling in the winter. This is the site where Arnold proposed marriage (while in a rowboat) to beautiful Maria Shriver.



Arnold shortly after he began training at the Graz Athletic Union in 1965.

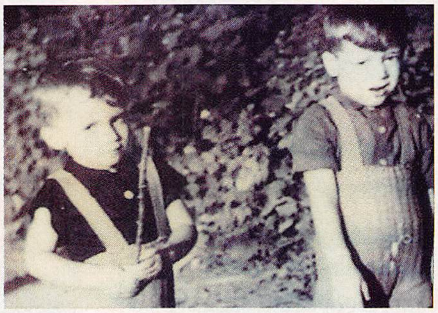


Arnold's father and Thal's chief of police, Gustav Schwarzenegger (second from left) and his fellow officers.

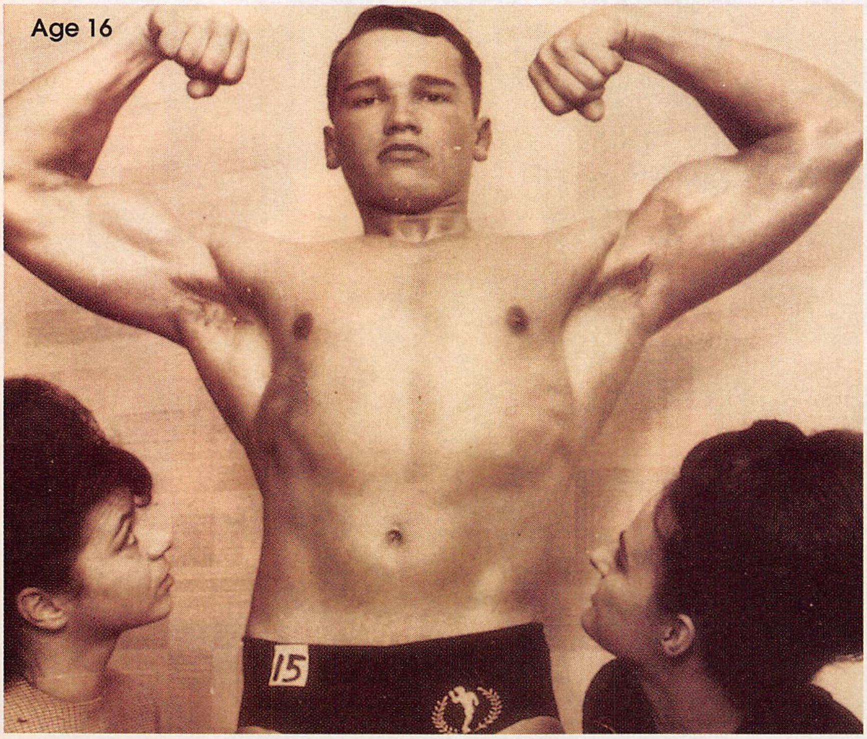
Mark Mason

the house was one of the benefits of his job.

I was shaking in my Nikes as I stood on the porch of 145 Thal-Linak and rang the bell. Waiting for Mama Schwarzenegger to open the door, I could almost taste her strudel! The door was opened, however, by a small middle-aged man. Bluffing, I explained to him that I was a friend of Arnold's from Los Angeles and that he had asked me to stop by and give a hug and a kiss to his mother while I was visiting in Austria. The man introduced himself as Mr. Anderwalt



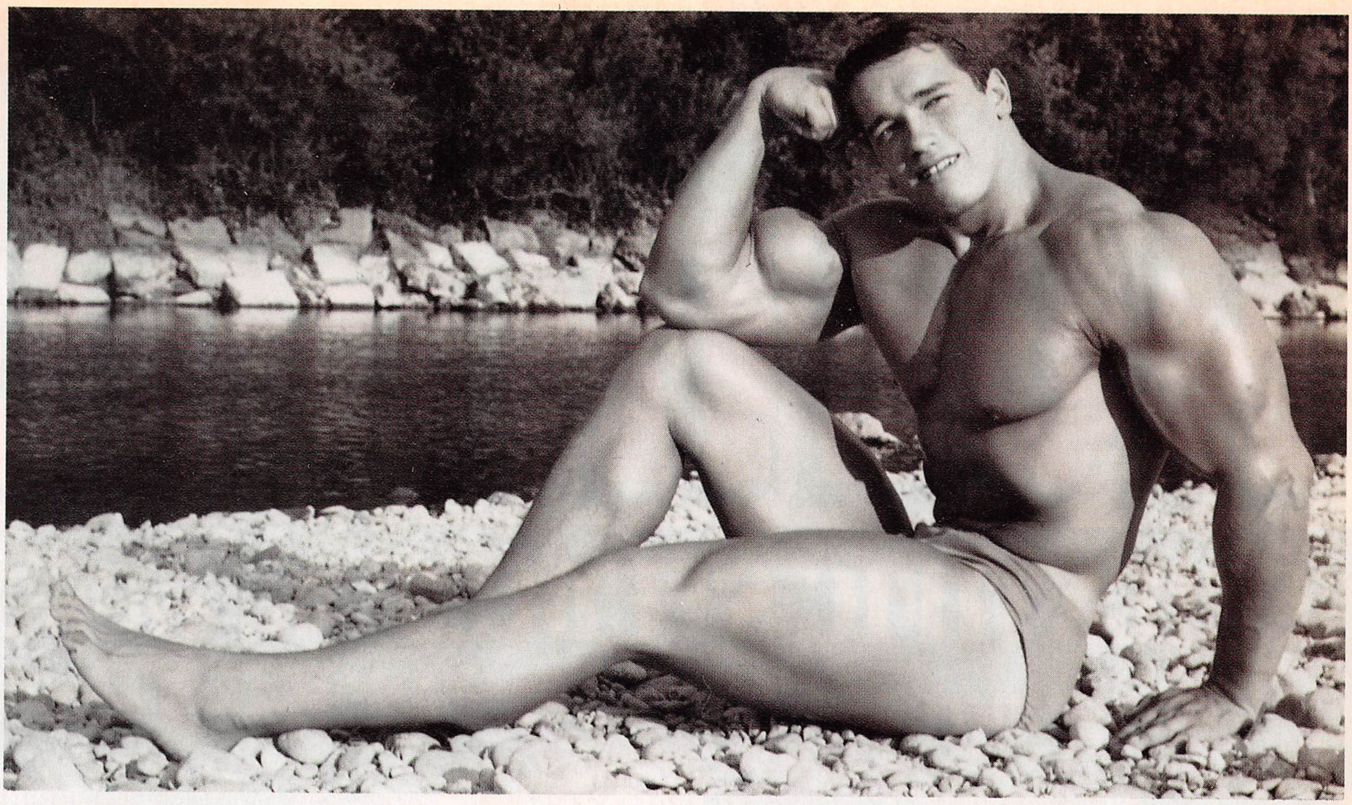
Arnold and his older brother, Meinhard.



Arnold's first bodybuilding contest at the Steirer Hof Hotel in Graz.

Arnold's parents – Gustav and Aurelia.

Soldier Schwarzenegger poses proudly against his tank.



David Gentle

Legendary bodybuilder, Hollywood icon and former Thal resident.

and told me that Aurelia no longer lived in Thal but was now living in a new house in Weiz a few kilometers away.

He graciously invited me in to look around the house and take a few pictures. All the while he kept saying what a good boy Arnold was while he was growing up – always so friendly and helpful to everyone. The whole village was proud of him.

Before we said our goodbyes, Mr. Anderwalt gave us a wonderful snack of sausage and sauerkraut. Then he sent us off with slices of homemade bread smeared with fresh butter. It wasn't Aurelia's strudel, but it was the thought that counted! **AS**

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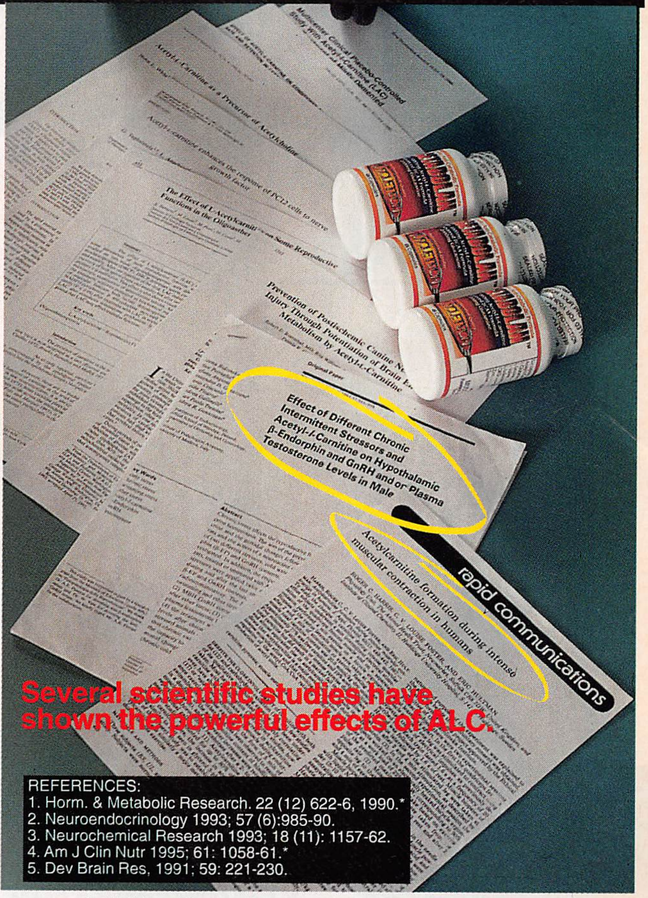
**This is the mass-building stack that Chris White used.**

Chris White dramatically increased his muscle mass and strength when stacking together Acetabolan and Creatine 6000-ES.

# AN- "The most powerful musclebuilder since Creatine!"

– Chris White

## that the building blocks of ACETABOLAN™ GROWTH HORMONE levels in the body*


Effect of Different Chronic Intermittent Stressors and Acetyl-L-Carnitine on Hypothalamic β-Endorphin and GnRH and on Plasma Testosterone Levels in Male
Acetylcarnitine formation during intense muscular contraction in humans
rapid communications

Several scientific studies have shown the powerful effects of ALC.

REFERENCES:
1. Horm. & Metabolic Research. 22 (12) 622-6, 1990.*
2. Neuroendocrinology 1993; 57 (6):985-90.
3. Neurochemical Research 1993; 18 (11): 1157-62.
4. Am J Clin Nutr 1995; 61: 1058-61.*
5. Dev Brain Res, 1991; 59: 221-230.

Let's face it, everyone wants to build a bigger, stronger and more muscular body. Most bodybuilders know that the most important factors relating to muscle growth are testosterone and growth hormone. They are both naturally occuring hormones in the body and control several functions including muscle growth. When levels of testosterone are high in the body the potential for muscle growth dramatically increases but when the levels are low you can forget about making any type of gains in lean muscle mass or strength. This is the reason why anabolic steroids are very effective at accelerating muscle mass, because they are derivatives of the hormone testosterone. When a bodybuilder uses anabolic steroids they act similar to testosterone and accelerates muscle gains. If there was such a supplement that could naturally produce testosterone and growth hormone in the body, and without any side effects, it could have the potential to dramatically increase lean muscle mass, recovery and strength - similar to the way that steroids work!

Well finally there is. The product is called Acetabolan and was developed by the researchers of MuscleTech. Acetabolan is a new revolutionary supplement that was developed and designed to increase natural testosterone and growth hormone levels in the body. Many experts and doctors believe that Acetabolan may be the most potent anabolic and anti-catabolic natural supplement ever developed. Acetabolan contains acetyl-L-carnitine, l-glutamine, BCAA's and several other hormone enhancing ingredients. ●The most powerful ingredient of Acetabolan's formulation is acetyl-L-carnitine (ALC) and has been researched by MuscleTech since 1990. What is ALC? ALC is the acetylated ester of the amino acid L-carnitine. Extensive scientific studies have shown ALC to have the ability to increase testosterone levels in the body[1] and reduce cortisol levels[5]. Other studies indicate that ALC has the ability to prevent the decrease in plasma testosterone levels after chronic exercise stress[2]. This shows that ALC may have powerful anti-catabolic effects. To support this theory, many nutritional experts have stated that ALC has dramatic effects on preventing muscle breakdown (catabolism). Another scientific study offered evidence that ALC may have a protective effect on skeletal muscle[3]. ●Acetabolan also contains a precise amount of the amino acid l-glutamine that scientific studies have shown to significantly elevate growth hormone levels[4]. Many bodybuilding experts believe that Acetabolan is the most advanced and effective supplement available to bodybuilders for dramatically increasing muscle mass and strength! ●In fact, ALC is given the highest rating of any supplement in the popular book, Bodybuilding Supplement Review.

Several hundred bodybuilders have used Acetabolan and have reported immediate increases in strength and experienced dramatic increases in lean muscle mass within 2-3 weeks of use. ●Other bodybuilders have stacked together Acetabolan with Creatine 6000ES with apparently amazing results! Athletes who have used this stack have reported dramatic gains that are noticed within as little as 5-7 days. In the near future this combination of Acetabolan and Creatine 6000ES is expected to be the most popular supplement stack used by bodybuilders during their mass-up training cycle. Bodybuilders who have used this stack have claimed to gain at least ten pounds of lean body mass per month.

Up until recently it has been nearly impossible to get your hands on Acetabolan - the only way was to participate in MuscleTech's research study. Fortunately, due to the major success of their study, MuscleTech is making Acetabolan available to all bodybuilders across America. ●There are only limited supplies of Acetabolan and it is available on a first-come, first-served basis. Presently Acetabolan and Creatine 6000ES are available in many quality health-food stores across the United States including GNC. MuscleTech is 100% confident that Acetabolan is highly-effective for muscle growth and strength.

In fact, each first-time order of Acetabolan comes with a **LIFETIME MONEY-BACK GUARANTEE.** This gives you the chance to try Acetabolan with **NO RISK** whatsoever. The cost for one bottle of Acetabolan is $34.95 + $5 S&H. Each bottle of Acetabolan will last approximately two weeks (two bottles are needed for each one month supply). Due to limited supplies there is a maximum of 8 bottles per order. A one-month stack of Acetabolan and Creatine 6000ES is also available for a cost of $128 + 7 S&H.

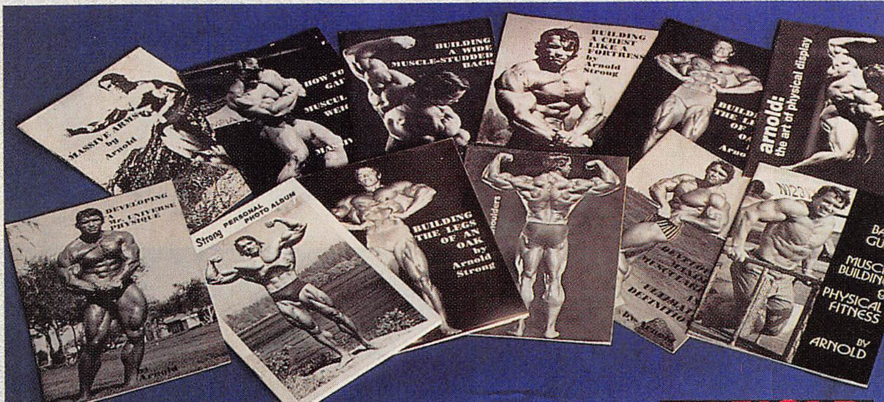
**To order call 1-905-678-3114**

# PUMPING LITERATURE

## BOOKS BY ARNOLD SCHWARZENEGGER

From **1970** to **1977** Arnold published a series of 10 bodybuilding courses and one photo album.
**1977** *Arnold: The Education of a Bodybuilder*
**1979** *Arnold's Bodybuilding for Men*
**1979** *Arnold's Bodyshaping for Women*
**1985** *Encyclopedia of Modern Bodybuilding*
**1993** *Arnold's Fitness for Kids* (a three-part set – Birth-5, 6-10, 11-14)

*(Arnold's* Encyclopedia of Modern Bodybuilding *– which is the greatest-selling bodybuilding book of all time – is presently being revised and updated for re-release in 1998.)*


Massive Arms by Arnold
Building a Wide Muscle-Studded Back
Building Like a Chest Fortress by Arnold Strong
arnold: the art of physical display
Developing a Mr. Universe Physique
Strong Personal Photo Album
Building the Legs of Oak by Arnold Strong
Basic Guide Muscle Building & Physical Fitness by Arnold

ARNOLD'S BODYBUILDING FOR MEN
By Arnold Schwarzenegger
With Bill Dobbins
HOW TO DEVELOP AND MAINTAIN A SUPERBLY FIT, MUSCULAR BODY FOR LIFE
ARNOLD: The Education of a Body Builder
by Arnold Schwarzenegger and Douglas Kent Hall
ARNOLD
Arnold's Own Story
The Classic Bestseller
THE EDUCATION OF A BODYBUILDER
ARNOLD SCHWARZENEGGER AND DOUGLAS KENT HALL
Arnold's Bodyshaping for Women
A Complete Program for a Lifetime of Fitness and Beauty
ARNOLD SCHWARZENEGGER
with Douglas Kent Hall
arnold schwarzenegger with charles gaines
arnold's fitness for kids
health, exercise, and nutrition
ARNOLD SCHWARZENEGGER ENCYCLOPEDIA OF MODERN BODYBUILDING
The Ultimate Book on Bodybuilding, Now in Paperback!
with Bill Dobbins With more than 850 photographs and anatomical line drawings • Arnold's championship body part exercises • Complete information on exercise programs, training principles, competition strategy, diet and nutrition • And a Bodybuilding Hall of Fame—in full color
Arnold Schwarzenegger

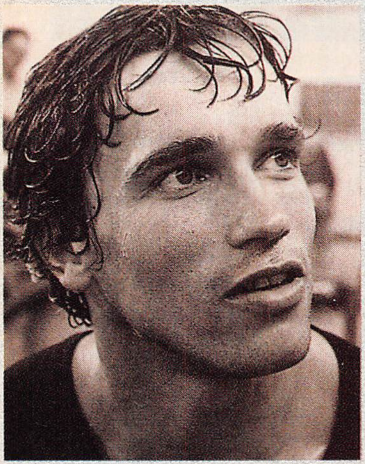
# WORLDWIDE COVERMAN

## A GLIMPSE OF SOME OF THE MANY THOUSANDS OF COVERS ARNOLD HAS APPEARED ON WORLDWIDE.

The Hollywood Reporter
EEN STERK BLAD
SPORT & FITNESS
ARNOLD
Mr. America
THE VIRILE FITNESS MAGAZINE FOR TODAY'S MAN
INTRODUCING: MR. AMERICA'S SURE-FIRE 14-DAY "SHAPE-UP PLAN"
SLIM 3¼ INCHES OFF YOUR WAIST —IN 15 DAYS
THE SATURDAY EVENING POST
PREMIERE
ULTIMATE SUMMER MOVIE GUIDE
Arms and the Man
Arnold Stokes His Flex Appeal in "Last Action Hero" · by NANCY GRIFFIN
Action Movie Heroes
VIDEO7
RICAINS: LE RETOUR
HOT GIRL
MGM
GQ
PARENTS' GUIDE
SUMMER'S BEST BETS FOR KIDS
SEGA PLAY
T2
MEGA REVIEWS
ROBIN WILLIAMS
NEUE
SCHWARZENEGGER
Bill Paxton
Alien Resurrection
La Femme Nikita
EXCLUSIVE! ARNOLD
WIDESCREEN REVIEW
Aficionado
STARLOG
LAST ACTION HERO
Esquire
"Sometimes I Get Scared" JACK NICHOLSON IN THE EMPIRE INTERVIEW
EMPIRE
ARNIE! Back From The Dead With True Lies?
PICKLED! HOW MOVIES FRY YOUR BRAIN
PLUS!
New York BODIES
The Pulse of the Big Apple
FREE INSIDE!
EXCLUSIVE! CHUCK NORRIS
GUTBUSTERS! FLATTEN YOUR MIDSECTION
ARNOLD SCHWARZENEGGER
Entertainment
36 Outfits
Erotik
FILM REVIEW
ARNOLD
Cambio 16
LA TELE CON SANGRE EXTRA
EMPIRE
ADMIT ONE
THE SUMMER PREVIEW
IMPACT 46
THE MODERN REVIEW
HASTA LA VISTA, YORICK
Arnold changes his image
PREMIERE
ARNOLD FLINGUE SCHWARZIE
COMMIT TO GET FIT
The Truth About True Lies
Out
Burger Wars
ARNOLD: BESSER ALS
STAR TREK
It's a Boy, It's a Girl, It's Junior!
MGF Movies
SHARON STONE IS WILD!
ARNOLD— BIGGER, BETTER
MARKY MARK
"JURASSIC PARK"
10,000 MANIACS

# WORDS OF WISDOM

## FROM THE AUSTRIAN OAK

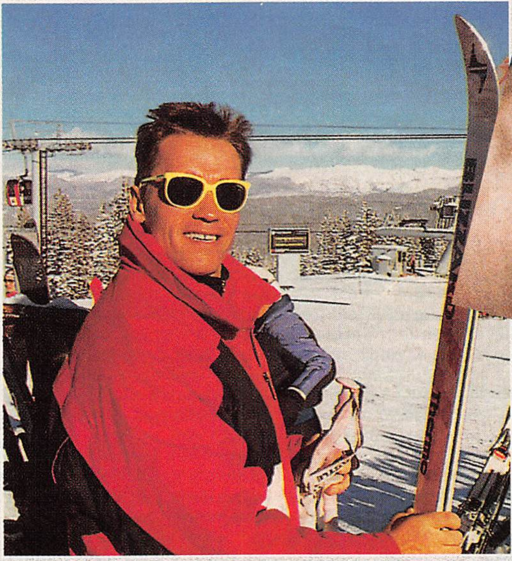


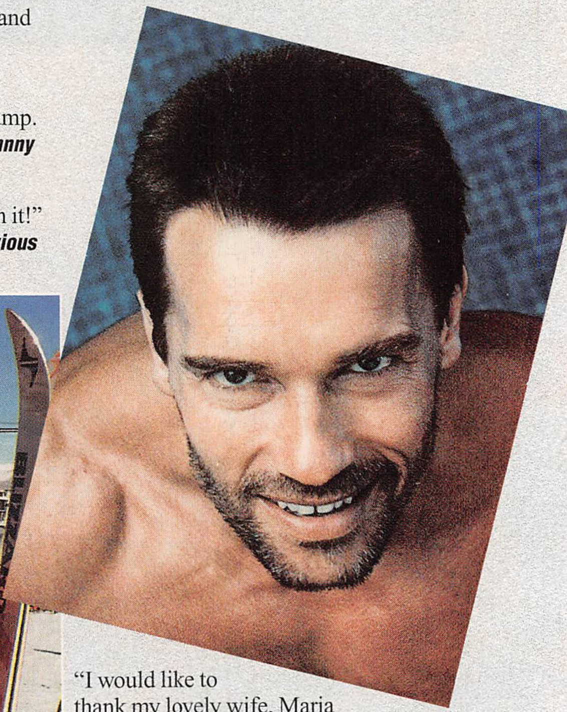
Art Zeller

“The best activities for your health are pumping and humping.” ***– 1975***

“Having a pump is like having sex. I train two, sometimes three times a day. Each time I get a pump. It's great. I feel like I'm coming all day…” ***on Johnny Carson's*** **Tonight** ***show – 1979***

“Last time I saw a mouth like that it had a hook in it!” ***(speaking to the audience at the ASC about the previous presenter)***



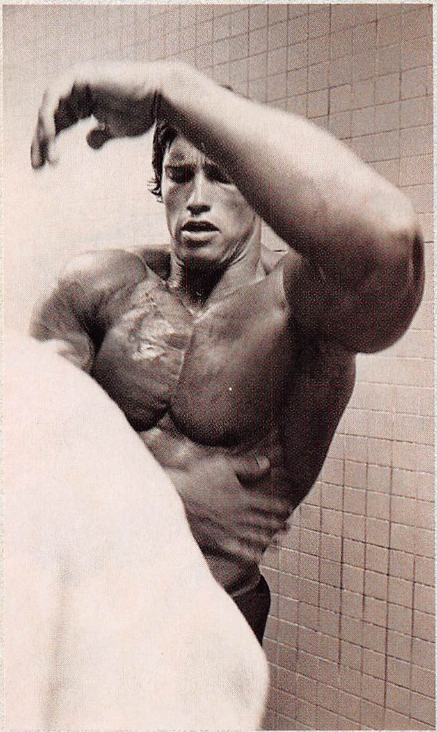


“Everything in my life has been so great. I always think that one day I'll hear my mother screaming, ‘ARNOLD! GET UP!’ and I'm back in a little village in Austria. Many times I think about it and I hope this isn't all a dream.” ***– 1995***

“I think people will be very surprised in the future by what they see me do.” ***– 1997***

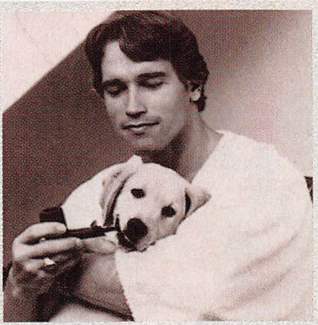
*“Conan* was God's gift to my career, but *The Terminator* automatically doubled my price.” ***– 1986***

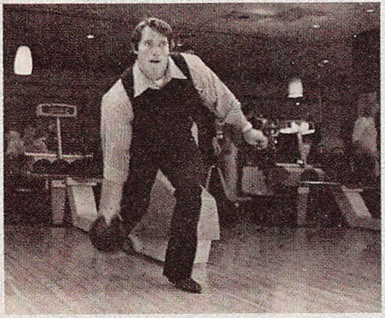
“I would like to thank my lovely wife, Maria Shriver, the best woman in the world. If I hadn't mentioned her… no sex for a week.” ***(The Oak, addressing the University of Wisconsin) – May 1996***



George Butler

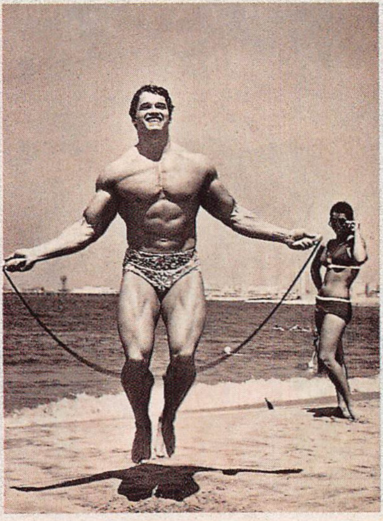
“Stay hungry, stay healthy, be a gentleman, believe strongly in yourself and go beyond limitations.” ***– 1975***





“The one I really want to work with is Clint Eastwood. He's my big hero.” ***– 1991***

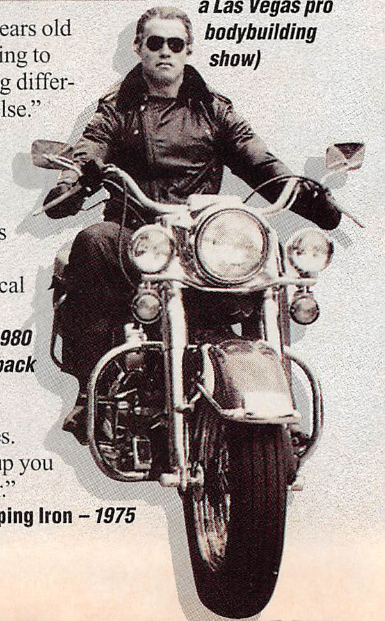
“Rachel, I have to say I love the way your fingers hold that microphone.” ***(to Rachel McLish publicly onstage at a Las Vegas pro bodybuilding show)***



“When I was 10 years old I dreamed of coming to America and being different from anyone else.” ***– 1979***

“After five years away from competition it was wonderful to use psychological warfare again.” ***(reflecting on his 1980 Mr. Olympia comeback win)***

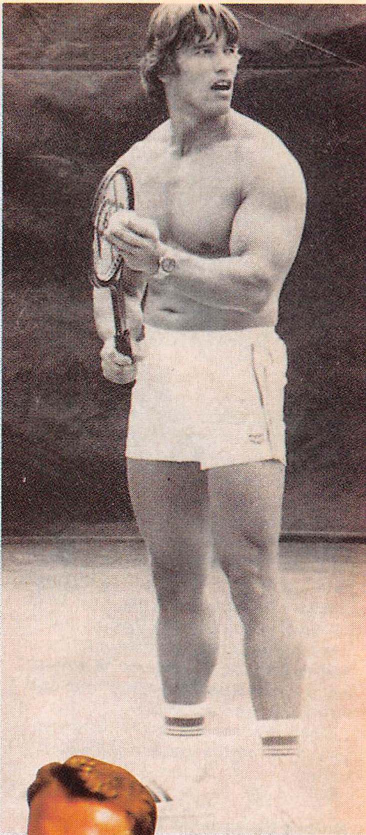
“Milk is for babies. When you grow up you have to drink beer.” ***From the film*** **Pumping Iron** ***– 1975***

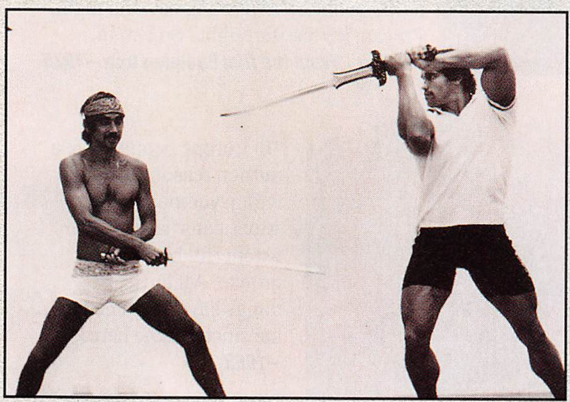


Art Zeller

"I was like this great car with nowhere to go. I had the drive but I needed to get focused and figure out what the end should look like." ***(reflecting on his teenage years)***

"Because I come from Austria people put this Germanic trip on me. I am not a control freak. I just want things the right way." ***– 1990***



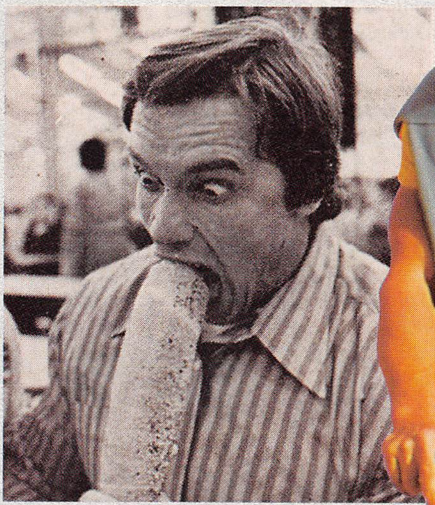


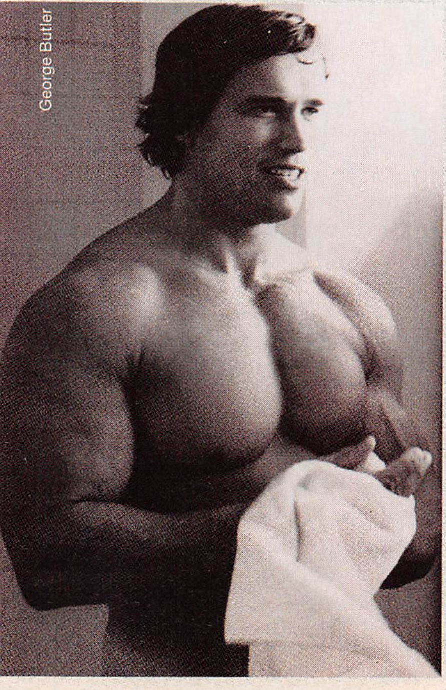
"Americans are very positive thinkers and achievers, always shooting from the top." ***– 1983***

"America represented a place where there was much success, progress and no limit to one's vision… I realized I had much more the American spirit. I feel that I must have lived here once before in a previous life because I feel so at home in America." ***– 1985***

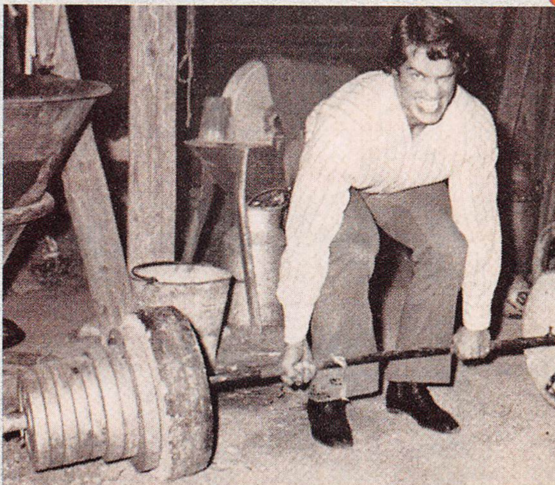
"It is one thing to idolize heroes. It is quite another to visualize yourself in their place. When I saw great people, I said to myself, 'I can be there.' " ***– 1979***

"Please understand that I am like an ordinary man, only bigger and stronger. I hope that you are not going to go away and write that I am – how do you say? – all brain and no brawns." ***(speaking to a* Daily Mirror *reporter in London in March 1968)***

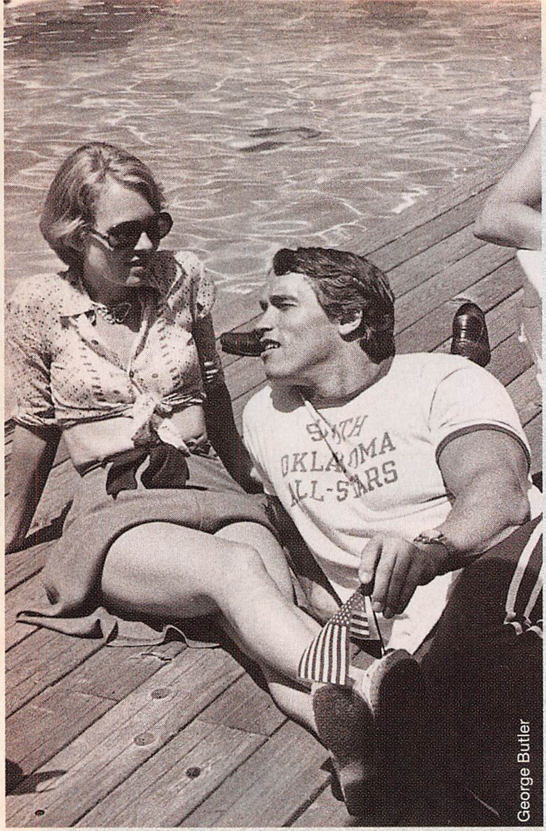




George Butler

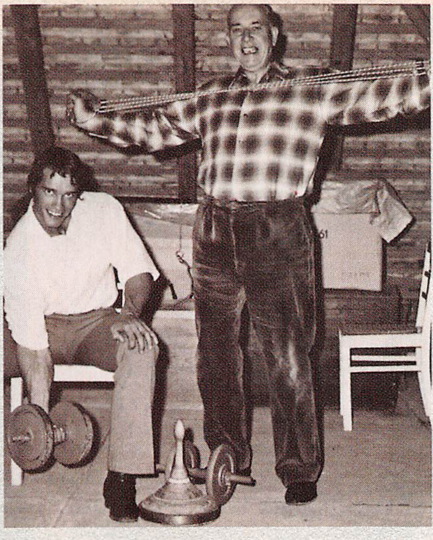


"I felt at the time that if I continued my career in bodybuilding, my immediate needs would be satisfied. However, if one's needs are satisfied, one loses the hunger to do anything else. So I cut the ties." ***– 1986***



George Butler

"My secret is contained in a three-part formula I learned in the gym – self-confidence, a positive mental attitude and honest hard work. Many people are aware of these principles, but very few can put them into practice. Every day I hear someone say, 'I'm too fat. I need to lose 25 pounds, but I can't. I never seem to improve.' I'd hate myself if I had that kind of attitude, if I were that weak." **Arnold: The Education of a Bodybuilder** – ***1979***



"I get the feeling of coming at home, in the gym, when I'm posing in front of 5,000 people. I'm coming day and night. I mean, it's terrific, right? So I'm in heaven." ***From the film*** **Pumping Iron** – ***1975***

*After winking at his training partner while visiting a new gym, Arnold uncharacteristically started to growl like a lion as he completed each rep. Later when he went to the locker room, many of the members also started to growl during their reps. Arnold joked,* "See how my children follow me." – ***1975***

George Butler

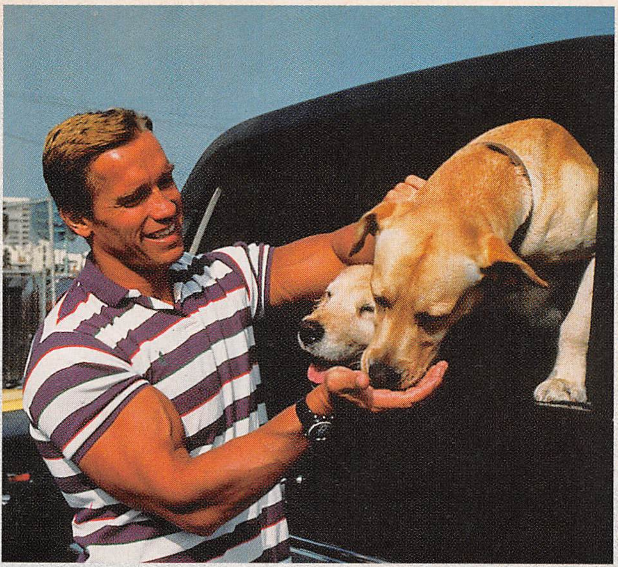
"In Europe people have a million reasons why you will never make it. Americans have such a wonderful history of growth. All the great things have happened to me since I came here." – ***1988***

"You can scream at me, call me for a shoot at midnight, keep me waiting for hours – as long as what ends up on the screen is perfect." – ***1990***

"I remember my first workout. I rode my bike eight miles to the gym. I trained with the weights like a kid possessed. After the workout I started riding home, but I fell off my bike. I was so weak I couldn't make my hands hold on. My legs were noodles. I was numb – my whole body buzzing. I leaned on my bike and pushed it. A little later I tried to ride it again. I fell off again and pushed it all the way home. This was my first experience with weights, and I was crazy for it!" **Arnold: The Education of a Bodybuilder** – ***1979***

"When I was 10 years old I got this thing that I wanted to be the best in something." **Pumping Iron** – ***1974***

"Sure I get treated like a male Raquel Welch. I love it." – ***1977***



Art Zeller

"I sometimes do feel frustrated that I have more energy in me than I can get rid of… so much energy." **– *1993***

"Most bodybuilders only have a hazy notion of what they want to look like. They do not say, 'I am going to be a winner.' The negative impulses around the gym can be incredible. I would hear bodybuilders complaining… 'Oh, no! Not another set!' That destroyed them. I have always believed that if you're training for nothing, you're wasting your effort!"
**Arnold: The Education of a Bodybuilder – *1979***

George Butler

"I knew I was a winner back in the late sixties. I knew I was destined for great things. People will say that kind of thinking is totally immodest. I agree. *Modesty* is not a word that applies to me in any way – I hope it never will."
**Arnold: The Education of a Bodybuilder – *1979***

"Joe Weider can be a wonderful friend, but as soon as you start doing business with him you have to watch your arse." **– *1980*** **AS**

George Butler

"I had faith in myself. That is one thing I have. And when you have a very clear vision of something, you will reach your goals. I had a very clear vision when I was 15 that I would be the world champion in bodybuilding. And when I was in the film *Stay Hungry* years ago, I said to myself, 'There is Clint Eastwood up there… and Charles Bronson… and Warren Beatty, so why not me too? It seems pretty empty up there, so why not me too? There is room for one more. I can squeeze in there." **– *1992***

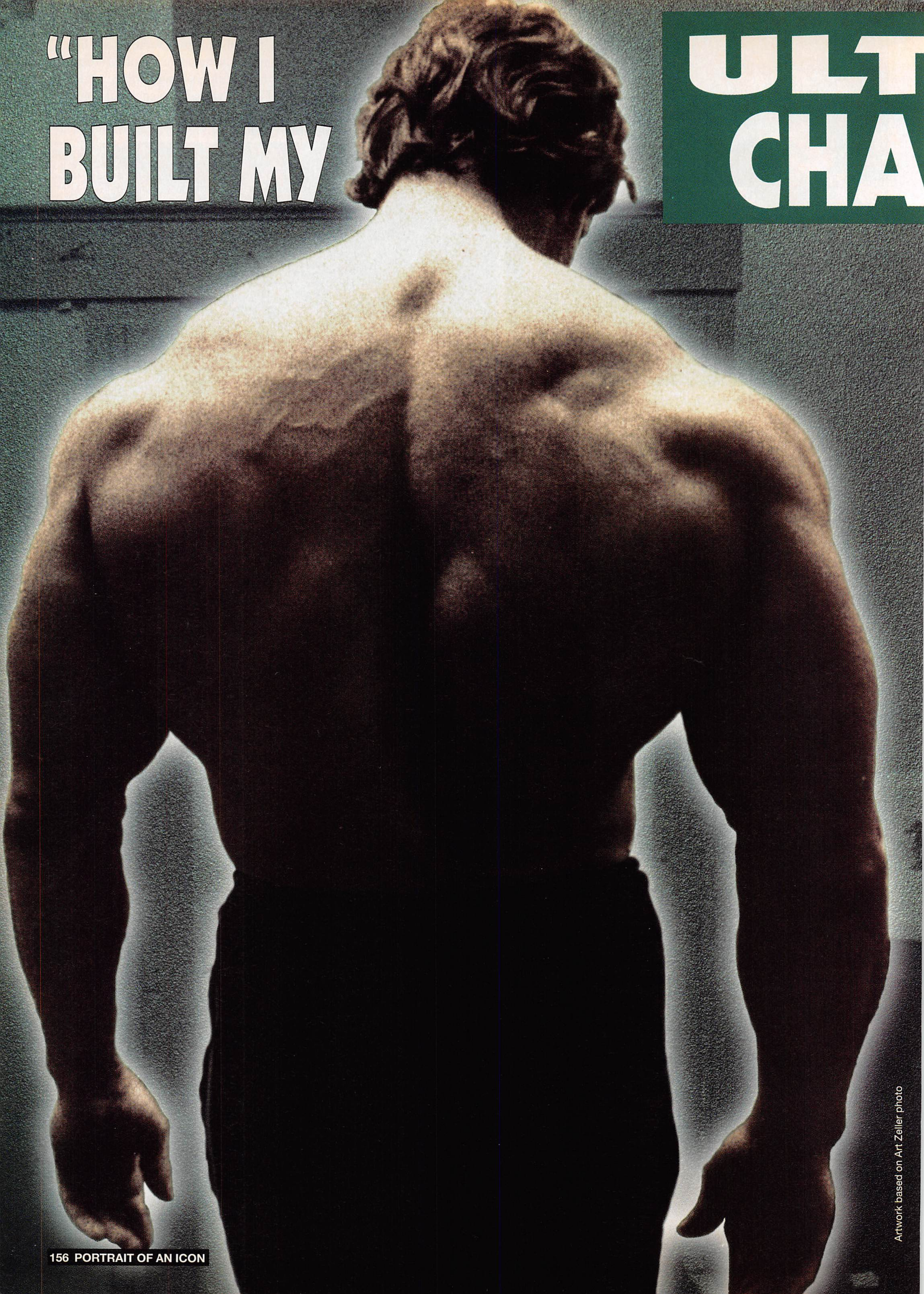
"Bodybuilding should be fun because you get a feeling of satisfaction which is very hard to explain. The pump feels good. It's actually the best feeling a bodybuilder can have." **Pumping Iron – *1974***

On receiving a check for winning his first Mr. Olympia from promoter/gym owner Tom Minnichielo… "Tommy, what the fuck is this? I spend this much every week just on vitamins!" **– *1970***

"Look at poor Louie [Ferrigno]. He looks tiny. Now he has to eat more spaghetti and meatballs to beat me." **– *1974***

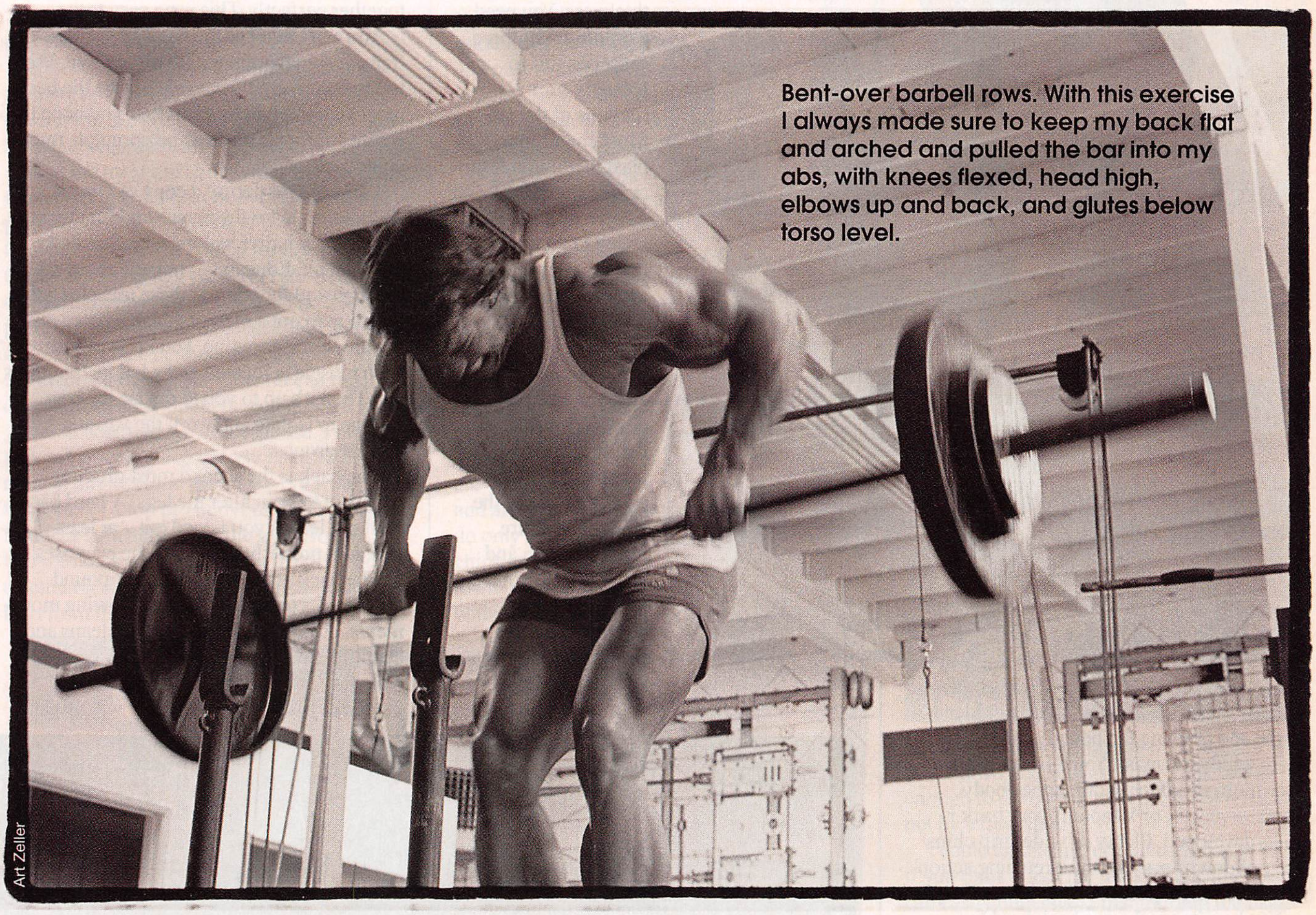
# “HOW I BUILT MY

# ULT
# CHA



Artwork based on Art Zeller photo

# RA-WIDE MPIONSHIP BACK"



Bent-over barbell rows. With this exercise I always made sure to keep my back flat and arched and pulled the bar into my abs, with knees flexed, head high, elbows up and back, and glutes below torso level.

Art Zeller

*Developing your back to the maximum is an absolute necessity if you intend to have a massive upper body because that's where the largest muscles of the upper body, the latissimus dorsi and the trapezius, reside. Your back makes up almost one-third of your entire body. Needless to say, bodybuilders who ignore their back, or never learn to train it properly so it remains underdeveloped, are no different from those who neglect their legs. They just never get the whole package together, making maximum body mass with proper symmetry and proportion an impossibility.*

### BY SEVEN-TIME MR. OLYMPIA ARNOLD SCHWARZENEGGER

Don't forget that half of a 50-inch chest is back development. You can have fully developed pecs but if your back is thin or your lats lack width, you'll never stretch the tape past 50 inches. A very close relationship exists between the chest and back. That's why I often prefer to superset these two bodyparts.

The back is an amazingly complex structure. Besides the very large muscle groups like the trapezius (traps), latissimus dorsi (lats), and the spinal erectors of the lower back, the back also contains a number of small muscle groups, such as the teres major and minor, the rhomboids major and minor, the infraspinatus and supraspinatus, the longissimus dorsi and spinalis dorsi, and the levator anguli scapulae, to name some of the better-known ones. But the list doesn't stop there. Multiple layers of muscle comprise the back – five, actually – and all must be developed if you hope to ever have true thickness and density.

Many people never consider that intense

Layout by David Nemeth

# ARNOLD TALKS BACK

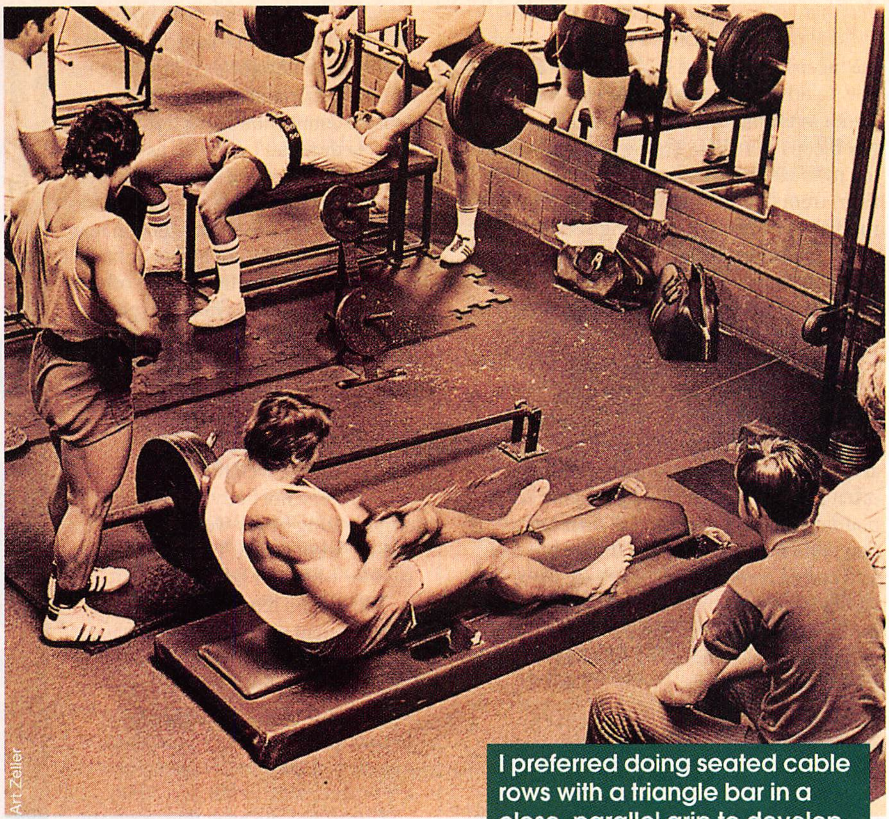
is staggering. The cost of painkillers prescribed annually for low-back pain runs in the billions of dollars. Keep your back strong if you want to live a full, healthy life free from aches and pains.

Next to the legs the back is the main seat of power in the body. The lumbars and spinal erectors can lift very heavy poundages. So can the lats and traps. A bodybuilder with a weak lower back will never squat heavy weights. Neither will he be able to handle as much weight on such basic exercises as deadlifts, cleans, bent-over rows, T-bar rows and overhead presses. He'll be limited by the amount of weight his lower back can handle, not by the strength of his legs, arms or shoulders.

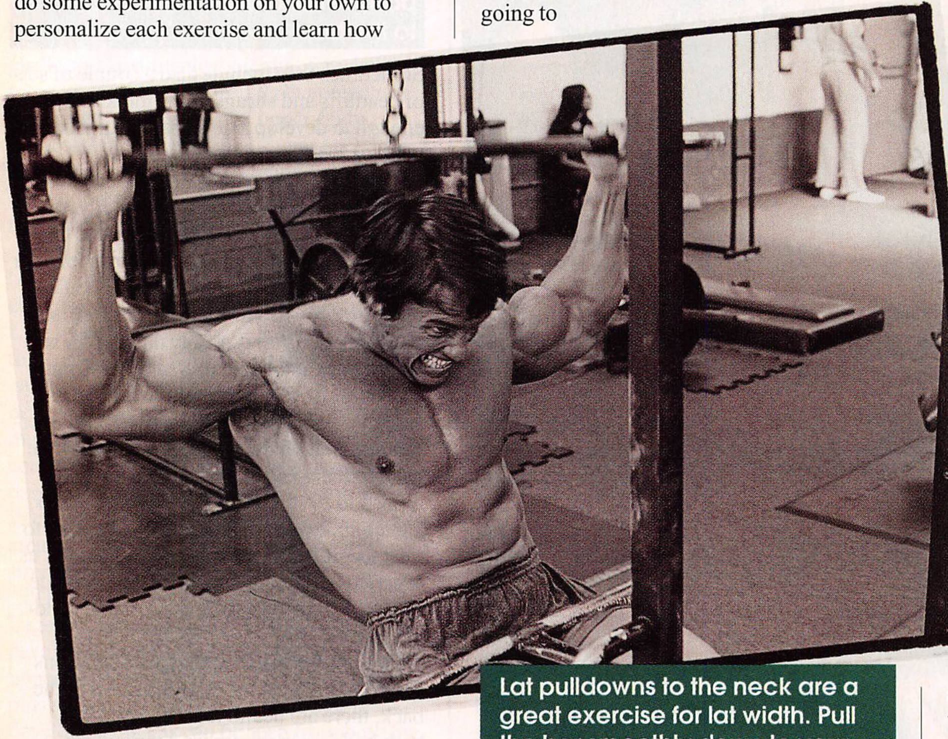
A strong back is a great aid for athletes of other sports. Regardless of whether you play football, basketball, baseball, volleyball, soccer or hockey, or whether you're a boxer, wrestler, golfer, tennis buff or mountain climber, a strong back and good lats will make you a stronger athlete, help you perform better, and make you less prone to injuries.

## LAT AND BACK EXERCISES

I found the following exercises most effective for back development (referring here primarily to exercises for the lats, lower back and the small muscles of the upper back). Since I normally trained traps with delts on a different training day, I will focus on those back exercises that mainly work the lats, teres major and minor, infraspinatus, and the spinal erectors of the lower back. You should do some experimentation on your own to personalize each exercise and learn how to do each movement to achieve maximum muscle isolation, involvement and stimulation. Ask yourself these questions: When you do each exercise do you feel the target muscles working? Do you get a good stretch and a full contraction each rep? Are you aking each set to failure and training at thigh intensity? Most of all, do you feel the burn and pump in the desired muscles? You know your form is off if you are doing lat pulldowns and your rear delts and/or your traps/rhomboids burn, but your lats do not. Or your biceps feel as though they are going to burst on bent-over barbell rows but you feel nothing in the lats. Or your lower back aches on T-bar rows but your lats are unaffected.


Art Zeller

I preferred doing seated cable rows with a triangle bar in a close, parallel grip to develop my midback and lat thickness.


Art Zeller

Lat pulldowns to the neck are a great exercise for lat width. Pull the bar smoothly down to your traps. As it hits the traps, pull your elbows down and back as far as possible.

If you use feel as a guide, you will never go wrong. You will find the proper groove, angle of attack, and correct plane of motion for every exercise. That ensures you get maximum muscle-building effect from your routine.

Here are some of my favorite back exercises:

***Wide-grip chins to the front*** – These chins not only widen the lats, but they also widen the shoulders by working the entire shoulder girdle. The scapulae (bones at the back of the shoulders) can be stretched, spread apart and made wider. The wide-grip chin is one of the very best exercises for widening the shoulders and creating the potential for more upper-back width and wider lats.

I suggest you do wide-grip chins first in your routine when you are strongest. If you do them after you have already done some pulldowns and rowing exercises, your arms will be too exhausted to get many reps. If you find you are too weak to chin yourself for sets of 10 reps, set a goal of 30 chins per lat workout. If you have to do 15 or 20 sets to get those 30 reps, so be it. Eventually, though, as you gain strength and development, there will come a time when you can get those 30 reps in only a couple of sets. By that time your lats should have improved tremendously in size, mass and width, and your entire upper body should look more impressive and V-tapered.

When doing 30 reps becomes possible with 2 sets, increase your chinning goal to 50 reps. You might need 10 sets to get those

50 reps at first, but, believe it or not, eventually it shouldn't take more than 2 or 3 sets. At this point you are strong enough to do sets of wide-grip chins with extra weights attached to a chinning/dipping belt around your waist. That's when your lat development and upper-body width should really improve. When you can do 10 chins with 50 pounds attached to your body, you will not recognize your lat development or your shoulder width.

For wide-grip chins place your hands over the bar anywhere from 5 inches to a foot outside your shoulders, depending upon your size. (A man 6'5″ has to grip wider than a man 5'5″.) This will be the point where the bar begins to bend on most commercial chinning bars. Experiment to find the grip width that allows you to stretch and work your lats the best.

Use straps or sponges to reinforce your grip so that your hands do not slip. The biceps tend to take over whenever you're doing chins, pulldowns and rowing exercises, so try to eliminate the biceps from chinning as much as possible by using an overhand thumbless grip – i.e. the thumbs are on the same side of the bar as the fingers. The more you hold the bar in the palms of your hands and the less in the fingers, the less active the biceps will be in the exercise.

A wide hand spacing promotes constant tension on the lats because you can't lock your arms out even hanging at arms' length. This is an important point as the arms should not straighten completely. There should always be a small amount of bend in the elbows for best lat-building results.

Keep your chest expanded and arched high, and your shoulders down and back. Your lower back should be arched (concave, not convex) throughout the exercise. Never let your chest collapse or your lower back round. Use a full range of motion and lower yourself as far down as possible to give the lats a good stretch. Then pull your body up in one smooth action until your chin is over the bar. Don't kick with your legs or pull from the shoulders. Force your elbows wide as you pull yourself up, and feel your scapulae and lats spread wide. At the top pull the elbows down, back and in to your sides. Pause to tense and squeeze the lats. Then lower slowly back to the starting position to take advantage of negative resistance. Do not just drop.

When you can no longer do full reps, do as many half-reps as possible to keep extra tension on the lats. These "burn reps" add extra muscle-building power to your sets.

Do 5 sets of as many reps as possible. When you can do at least 3 sets of 10 reps with bodyweight, add extra weight through the use of a chinning/dipping belt, and do some heavy sets of 6 to 8 reps. Altogether do 5 sets of as many reps as you can manage – a couple with bodyweight only and the remainder with extra weight.

***Wide-grip chins to the neck*** – Wide-grip chins can also be done to the neck, as well as the front. The wide-grip chin to the neck is purely for lat width. It puts tremendous pressure on the scapulae, spreading and stretching them apart while working the outer fibers of the lats.

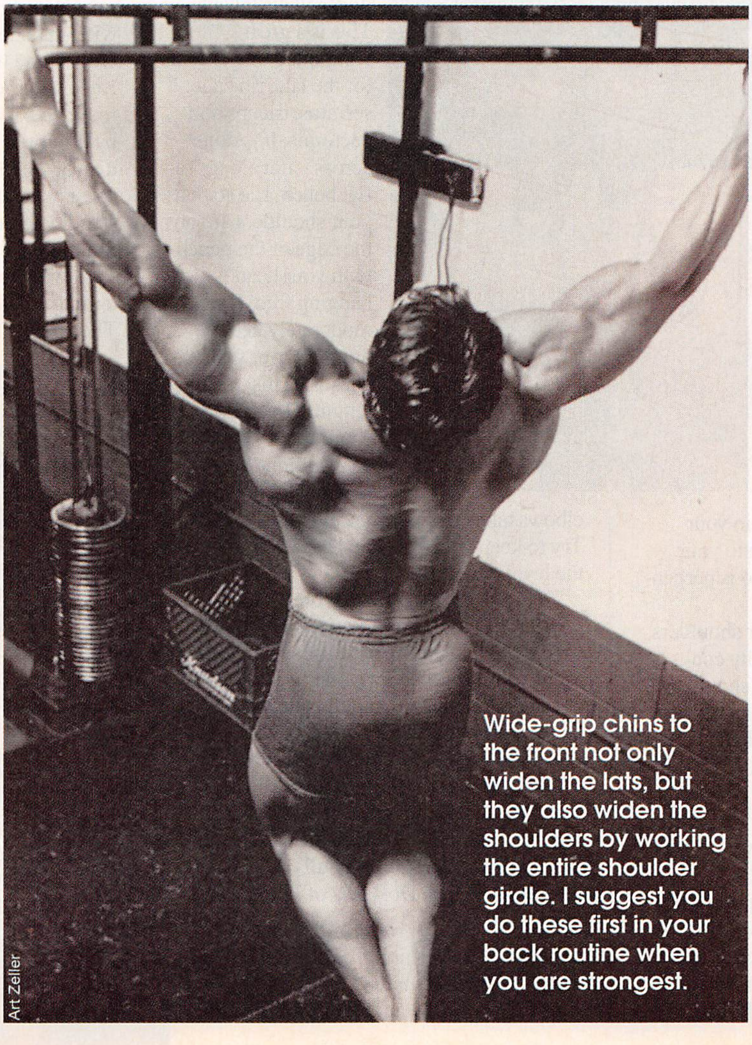
Hang from a chinning bar, using the same wide thumbless grip as in the wide-grip chin to the front. Try to keep your fingers out of the grip as much as possible. Again use straps or sponges to reinforce your grip. Without kicking with your legs, smoothly pull your body up to the bar. Duck your head under the bar and touch your traps and neck to it. Hold for a count of two to tense and squeeze your lats and upper-back muscles. Imagine you are doing a rear double-biceps pose. Try to force your elbows wide as you go up and then down and back at the top for better lat contraction. Then slowly lower your body back to the starting position, feeling the lats stretch all the way. As you lower, force your elbows wide to stretch and pull out the scapulae.

Do 5 sets of as many reps as you can do. If you are especially narrow (or wide-hipped) you should plan to do wide-grip chins to both front and back for maximum upper-body width. Start with 3 sets of each exercise, aiming for as many reps as possible each set. Over time work up to 5 sets per exercise. When you get to the point where you are doing about 100 wide-grip chins per workout, your shoulders and lats should be dramatically wider and your V-taper vastly improved.

***Triangle-bar chins*** – This is a great exercise for the lower lats. It also strongly works the serratus. Hook a triangle bar over a chinning bar. The handles of the triangle bar force you to use a close grip, which works the lower lats, lengthening them. As you pull yourself up, lie back and try to touch your midabdominal area – not your chest – to the bar. Keep the action smooth and do not kick with your legs. Lower all the way down for a good stretch. Doing 5 sets of as many reps as possible will work wonders on your lat length.

***Bent-over barbell rowing*** – Do this exercise for lat and midback thickness. Take a shoulder-width overhand grip on the bar. For a greater range of motion, do bent-over rowing standing on a block or a bench. Keep your head up, your knees flexed, and your lower back arched (concave – never let it round). Bend at the waist so that your upper body is parallel – or just slightly above parallel – to the floor. I always tried to keep my back straight so that my lats did the work. Keep your glutes lower than your torso as you row the bar. Do not duck your head down and drop your chest to meet the bar as you pull it up because this action raises the glutes. When that happens your back rounds over. You can't contract the lats with a rounded lower back, so good form is essential. Stay down over the bar and row it smoothly in to your abs, not to your chest.

If I wanted to work more lower lats, I pulled the bar to my lower abs. In either case I positioned my elbows as high and far back as I could to contract the lats. I tensed and squeezed my lats and upper-back muscles hard at the top. Then I slowly lowered the bar to the starting position, spreading my lats as I did so for a good stretch. I always made a point not to start back up until I had finished going all the way down. I'd think 'stretch' at the bottom and 'squeeze' at the top. Be careful not to let the bar touch the floor or you lose tension on the lats.

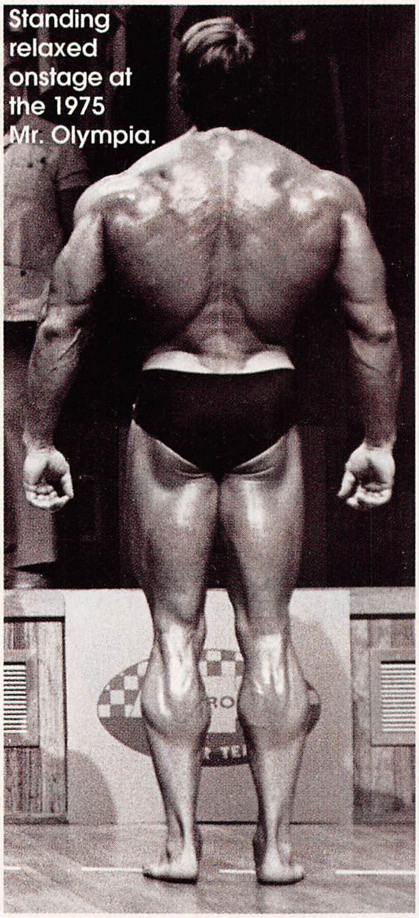

Wide-grip chins to the front not only widen the lats, but they also widen the shoulders by working the entire shoulder girdle. I suggest you do these first in your back routine when you are strongest.

Art Zeller

Bent-over barbell rowing for 5 sets of 6 to 10 reps, pyramiding up in weight each set, will do the job of building slabs of muscle on your back.

*T-bar rowing* – One of my favorite thickness exercises, this one adds thickness to the outside of the lats and the lower lats. Use the same form as for barbell rowing: knees flexed, head up, back straight and slightly above parallel, and lower back arched. Keep the glutes below the level of the torso throughout the set, and keep the torso down and over the bar. Do not stand up with the weight. It's a row, not a deadlift!

You need to get a full range of motion to give the lats a good stretch and a good contraction. Use a weight that allows 5 reps in good form without excessive heaving or cheating. Then with some extra body motion do another 5 reps. You can involve some rhythm, but always try to get that contraction at the top and a stretch at the bottom. Do 5 sets of 6 to 10 reps, pyramiding up in weight each set so that the last set is your heaviest.


Standing relaxed onstage at the 1975 Mr. Olympia.

*Seated cable rowing* – For midback and lat thickness I preferred to use a triangle bar in a close, parallel grip. To start, reach forward and grab the bar. Keep some bend in your knees. The foot brace should be set far enough back so that the plates of the weight stack cannot touch when you extend your arms. Let the weight pull your body forward until your chest is over your thighs. At the same time maintain a concave arch in your lower back. Do not let it round over. Feel the stretch in your lats. As you are pulling the bar in to your midsection, sit up until your torso is perpendicular to the floor.

Arch your chest and drop your shoulders as the bar hits your abs. In the fully contracted position your lower back should be arched, not rounded. Many people just pull the bar to the stomach but keep their shoulders rounded and their chest flat. This style is wrong because the lats cannot contract in this position. You must arch your chest, drop your shoulders and arch your lower back to contract the lats.

Use a weight you can row properly. Do not lean back beyond 90 degrees as this position detracts from lat contraction and brings the spinal erectors and lower back into play. I suggest 5 sets of 8 to 12 reps.

*Lat pulldowns to the neck* – This is another good exercise for lat width. Sit beneath the overhead pulley so that you can pull the bar straight down to your traps. Make sure your thighs are wedged beneath the thigh bar. Choose a wide, overhand grip, using straps or sponges to reinforce it. Pull the bar smoothly down to your traps. As it hits the traps, pull your elbows down and back as far as possible. Pause for a second or two to squeeze and contract your lats, and then slowly return to the overhead position, feeling the stretch in your lats all the way. Your elbows should not lock out at the top. There should always be a bit of bend in the elbows to keep constant tension on the lats.

As the reps get harder, you can use a bit of body motion to help drive the bar past the sticking point, but always try to get half your reps in good, strict form. If you lose the feel of the muscle – or all you feel is your biceps – the weight is too heavy. Remember, you are trying to work lats, not arms. Do 4 sets of 8 to 15 reps.

*Cross-bench dumbell pullovers* – This is a great compound movement for the lats, rib cage, serratus, triceps and pectorals. It is done across – not along – a flat bench. Lie so that your shoulders are on the edge of the bench with your head hanging free. Hold a moderately heavy dumbell over your chest at arms' length. The arms should be 98 percent straight. Just a slight bend in the elbows takes strain off the elbow tendons. Try to keep your hips and legs lower than the level of the bench.

Take a deep, exaggerated breath to fill your lungs with air and to expand your rib cage to the maximum. Lower the dumbell as far behind and below your head as possible. Exhale as you pull the weight back over your chest.

A little trick I used to give my lats and rib cage extra stretch was to drop my hips at the bottom of the movement when the dumbell was in the low behind-the-head position. You feel a strong pull on the lats when you do this. Do 4 sets of 12 to 15 reps.

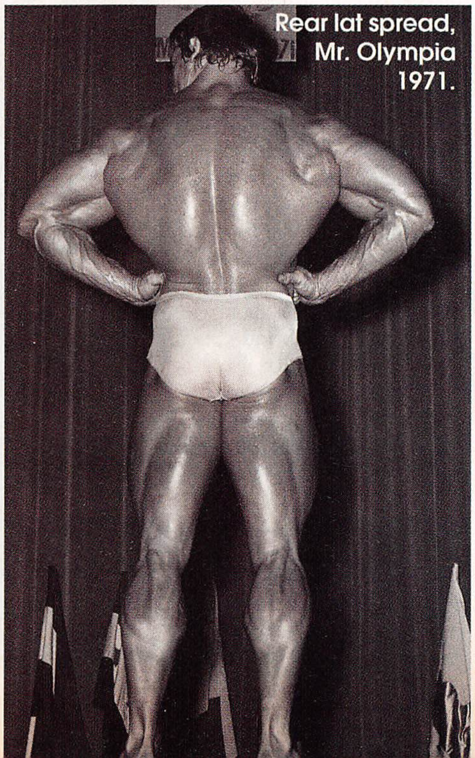
*Lat stretches* – I learned early in my career that regular lat-stretching quickly increased lat width and flexibility. While standing next to a vertical pole, your feet at the base of the pole and your hands gripping the pole at lower chest height, lower your body backwards until your lats are at full stretch. Then pull back to the starting position while spreading and flexing the lats until you touch the pole with your chest. Repeat for 12 reps. I always did these stretches after every 2 sets of back exercises to keep the lats pumped and to improve their sweep.

## LOWER BACK

The most basic exercise for the lower back is the deadlift. When done with heavy weights, deadlifts involve more muscle groups than any other exercise. The traps, upper back, glutes, hamstrings, thighs, forearms and grip are all used in deadlifting. Deadlifts build back thickness and overall body power. A strong lower back developed from heavy deadlifting will allow you to use more weight on squats, T-bar rows, bent-over dumbell rows, and standing overhead presses.

The most common mistake I see people make when deadlifting is rounding their backs and pulling up with too much arm strength, instead of keeping the lower back arched (concave), the back flat, and using the legs, glutes and lower-back muscles to help drive the weight up. To do a proper deadlift, stand over a barbell loaded with the weight you plan to use. Bend your knees, lean forward, and grasp the bar with a medium-wide grip. Your stronger arm should hold the bar with an underhand or curl grip. The other arm should hold it with an overhand grip. Keep your head up and your back flat. A rounded back invites injury. Begin the lift by driving with your legs. Straighten up and then at the top of the movement throw your chest out and shoulders back. You should be standing erect with the bar at arms' length at midthigh height.

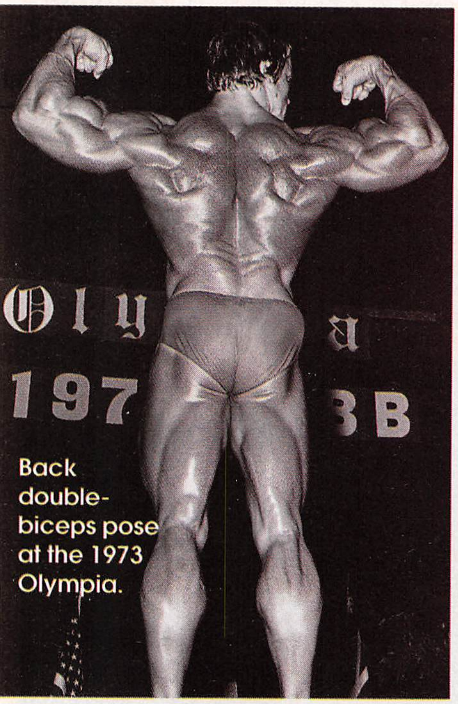
Lower the bar under control while maintaining a flat back and arched lower back. Then mentally get ready for the next


Rear lat spread, Mr. Olympia 1971.

repetition. Do about 4 sets of 4 to 8 reps.

The deadlift is a very demanding exercise. It taxes the body like no other. Because they take so long to recover from, many bodybuilders do deadlifts only once a week. Those who train back twice a week – or twice every eight days, as is the modern preference – usually include in the second workout for lower back either hyperextensions, good mornings or stiff-leg deadlifts with moderate weights. This might be a wise policy for you to follow too.

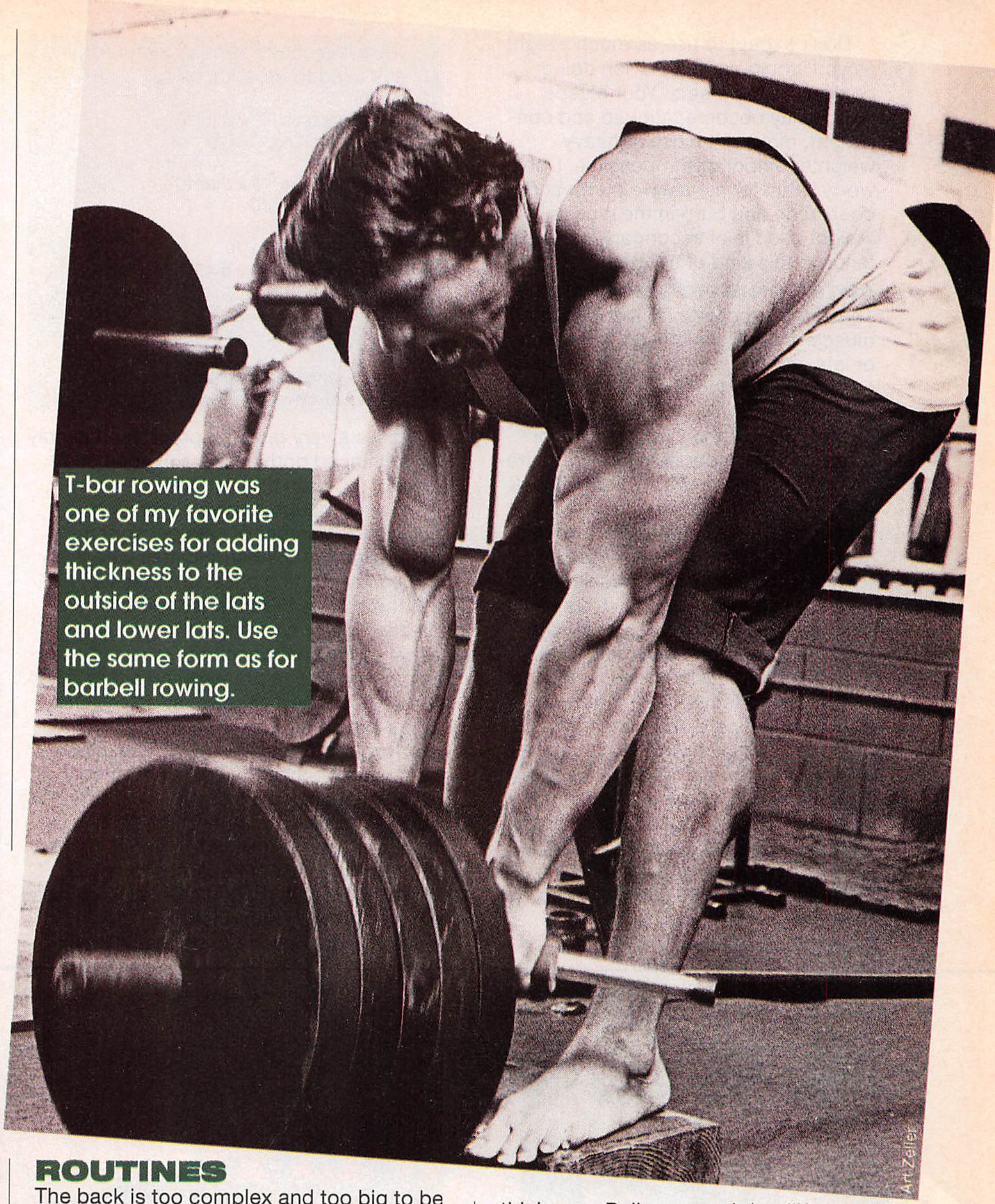
The stiff-leg deadlift and the good-morning exercise are both fine lower-back exercises. (I covered hyperextensions in my article on abdominal training.) The key is to keep the lower back arched (concave) at all times throughout the exercise. Never let it round over. Whether you are holding the bar at arms' length as with stiff-leg deadlifts, or supporting it on the back of your shoulders as with good mornings, make the lower back do most of the work by maintaining the low-back arch, a flat back, and doing the reps smoothly and strictly. Three sets of 10 to 15 reps with either exercise will give your lower back a good workout. Don't forget that your lower back gets worked heavily when you do squats, cleans, rowing exercises and overhead presses, so you don't have to do a lot of sets to ensure that it's thoroughly trained.



Back double-biceps pose at the 1973 Olympia.

## CONCLUSION

Hard work on your back will promote growth in your arms, shoulders and chest as well. Aim to create a back that is wide, thick, well separated, detailed and cut. Huge, wide, thick lats, python-thick spinal erectors, a fat-free "Christmas-tree" lower back, and a thick triangle-shaped sheath of fully developed trapezius muscle – plus the "cookie-cutter" muscles of the teres, infraspinatus and supraspinatus – will give you a back you can be proud of that will turn heads wherever you go – whether at the beach, in the gym, or onstage in competition.



T-bar rowing was one of my favorite exercises for adding thickness to the outside of the lats and lower lats. Use the same form as for barbell rowing.

Art Zeller

## ROUTINES

The back is too complex and too big to be properly worked with only one or two exercises. Even a beginner must do at least one exercise for the lower back, such as the deadlift, and two for the lats. Why two? One for width and one for thickness. Wide-grip chins and bent-over barbell rows are the two most basic width and thickness exercises for the lats, so these are exercises all bodybuilders should do.

Here's a good routine for the beginner:

Wide-grip chins – *3 x as many as possible*
Bent-over barbell rows – *1 x 10, 8, 6*
Deadlifts – *1 x 10, 8, 6*

Light pullovers can be done with squats as a superset to expand the rib cage and stretch the lats and serratus.

The intermediate would benefit from one extra set per exercise and one extra lat exercise (for a total of three instead of two), chosen according to which need is greater – more width or more thickness.

Wide-grip chins – *4 x as many as possible*
Bent-over barbell rows – *1 x 10, 8, 6, 6*
If more thickness is needed:
T-bar rows – *1 x 10, 8, 6, 6*
If more width is needed:
Lat pulldowns – *1 x 12, 10, 8, 15*
Cross-bench pullovers – *3 x 12-15*
Deadlifts – *1 x 10, 8, 6, 6*

The more advanced man should pick two lat exercises for width and two for thickness. Pullovers and deadlifts would complete the routine. One-arm dumbell rowing, one-arm cable rowing, close-grip pulldowns and straight-arm lat pulldowns could be substituted from time to time to avert boredom and to prevent the body from adapting to any particular exercise routine.

## COMPOUND SUPERSETS

A compound superset is two exercises for the same bodypart done without rest. Compound supersetting for the back is very grueling work, but it really brings out detail and muscularity. It is thus ideal for precontest training. You can also use compound supersets for hardening up and getting more cut for the summer. A good compound superset routine to try is as follows:

*Superset...*
  Wide-grip chins – *4 x as many as possible*
  Bent-over barbell rowing – *1 x 12, 10, 8, 6, 6*
*Superset...*
  Lat pulldowns to the neck – *4 x 10*
  T-bar rowing – *1 x 12, 10, 8, 6*
*Superset...*
  Close-grip chins or close-grip pulldowns – *4 x as many as possible*
  Seated cable rowing – *1 x 10, 10, 8, 6, 15*
*Superset...*
  Cross-bench dumbell pullovers – *4 x 12-15*
  Lat stretches – *4 x 12-second holds*

Don't expect to use as much weight as you would normally when doing compound supersets. Your biceps will quickly become fatigued and congested, making the use of heavy weights temporarily impossible. Don't worry. Train for a massive pump and a deep ache and burn in the muscle. Weight used is of secondary importance in this kind of training.

### ANTAGONISTIC SUPERSETS

These are supersets for two opposing muscle groups like biceps and triceps or lats and pecs. Late in my competitive career this technique became one of my favorite ways to train chest and back. Supersetting these two major areas has many benefits. You get a tremendous pump in the chest and back at the same time, and you maintain that pump through the entire workout. You can train faster, thereby saving training time. While one muscle group rests, the other is working. Thus you can use heavier weights. By training faster you can get a cardiovascular benefit so that fat-burning is enhanced.

Put it all together – using heavier weights, training faster, getting a massive pump in both muscle groups, and burning more fat – and you can understand why supersetting chest and back helps to build quality muscle tissue. Also it ties bodyparts together for improved shape and symmetry. Better flow from one muscle group to another makes your body more aesthetically pleasing.

Here is a chest/back superset routine I have used to great benefit:

*Superset…*
- Bench presses – *5 x 8 to 10*
- Wide-grip chins – *5 x 10*

*Superset…*
- Incline presses – *5 x 8 to 10*
- T-bar rows – *5 x 10*

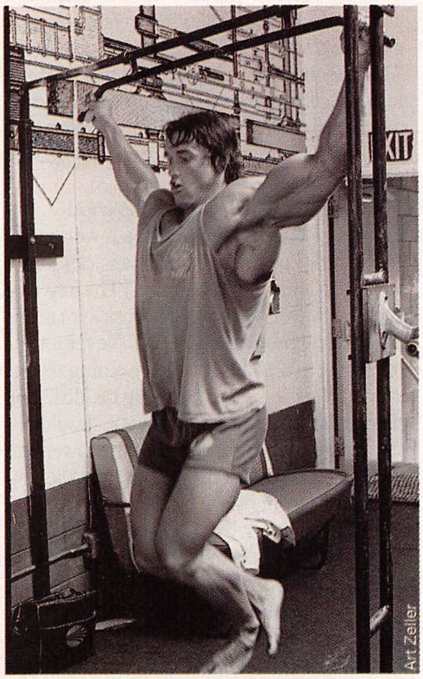
*Superset…*
- Dumbell flyes – *5 x 10*
- Seated cable rows – *5 x 10*

*Superset…*
- Parallel-bar dips – *5 x 10*
- Close-grip chins – *5 x 10*

*Superset…*
- Cross-bench dumbell pullovers – *5 x 12*
- Cable crossovers – *5 x 12-15*

This is a very grueling program. It is only for advanced bodybuilders. If you find it too taxing, such that you are not recovering well enough between workouts, reduce the number of sets per superset to 4 instead of 5. Intermediates who wish to try supersetting chest and back should cut the sets back to 3 per superset combination. They also should begin by supersetting just bench presses and wide-grip chins, incline presses and either T-bar or bent-over barbell rows, and flyes and cross-bench dumbell pullovers. Keep the reps around 10 per exercise. Rest only one minute between supersets. Keep the pace moving quickly, but do each exercise slowly and with concentration. Don't rush the exercises themselves or you lose the mind-to-muscle connection and fail to work the muscle properly. Do all exercises with a full range of motion.

As you get used to chest/back supersetting, eventually add a fourth superset combination such as dips and seated cable rows or dips and close-grip chins or pulldowns. Stick with this antagonistic superset routine for three months and then go back to training chest and back separately. You will have new strength and endurance and will be able to train your back heavier and faster than ever before. **AS**



**Wide-grip chins to the neck.**

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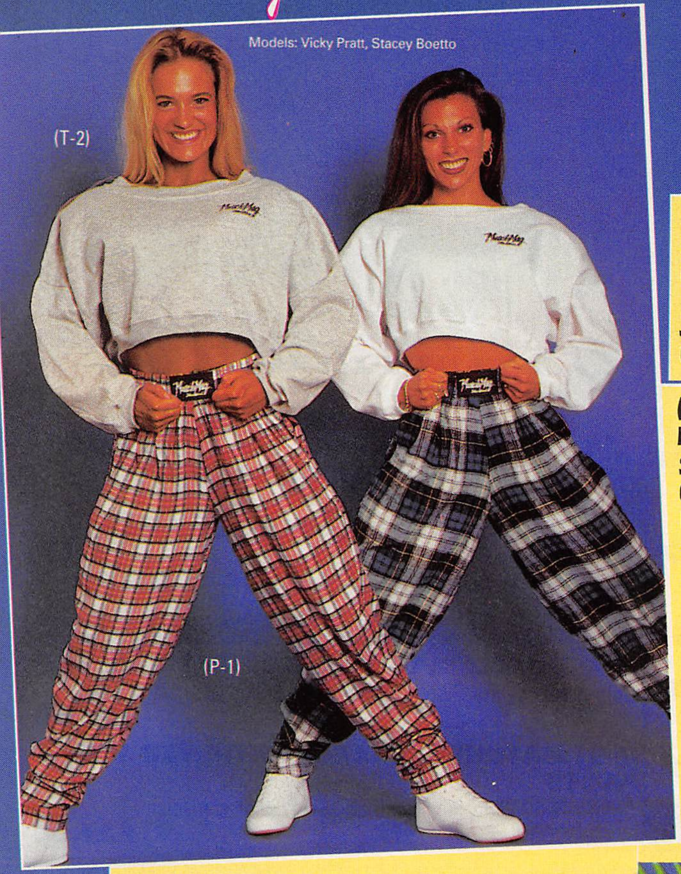

Models: Vicky Pratt, Stacey Boetto

**(P-1) AUTHENTIC PLAID BAGGIES**
**Colors:** Red with White Plaid, Blue with White Plaid.
**Sizes:** Extra small, small, medium or large.(Unisex)
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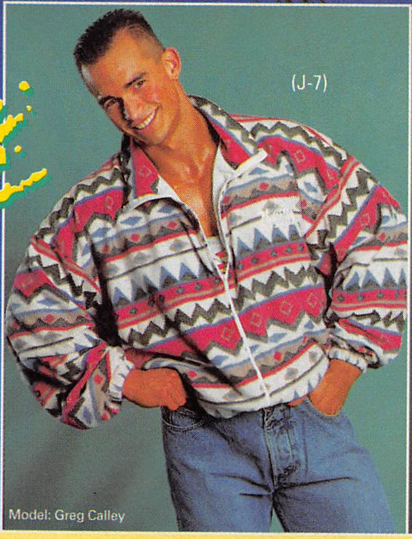
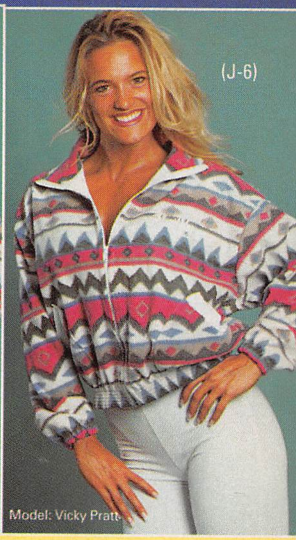


Model: Greg Calley



Model: Vicky Pratt

**(J-7) MUSCLEMAG EXCLUSIVE ZIPPERED JACKET FOR MEN**
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**(J-6) MUSCLEMAG EXCLUSIVE DESIGNER CUT JACKET FOR LADIES**
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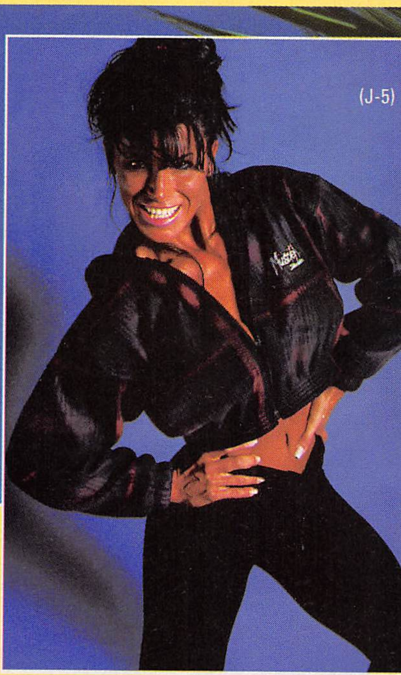
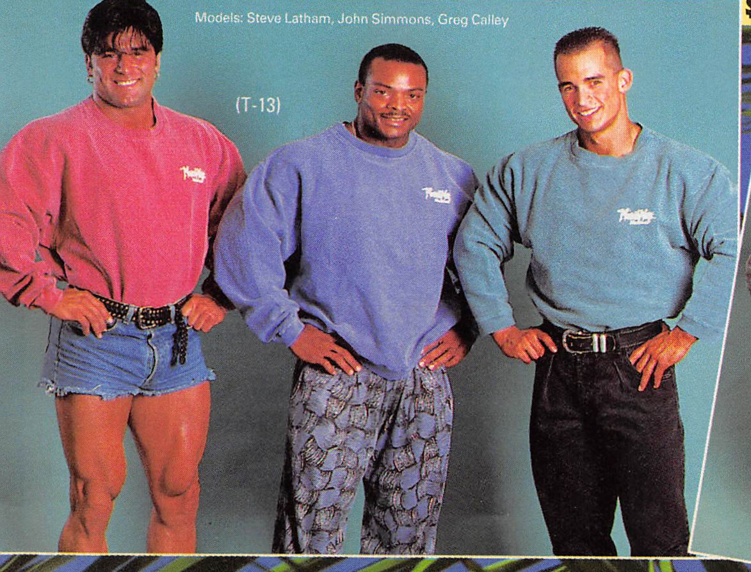


**(J-5) WOMENS CROPPED "DESIGNER" JACKET WITH HOOD**

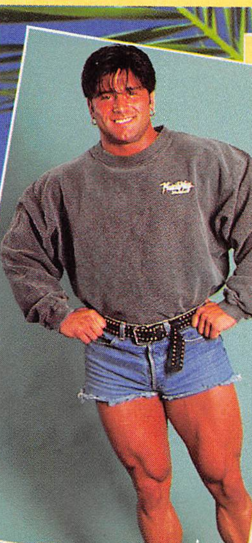
Heavy reverse Aztech Polar Fleece with hood. **Color:** As shown. **Size:** One size fits all.
**$49.99**

Model: Melissa Mok

PHOTOS ROBERT KENNEDY



Models: Steve Latham, John Simmons, Greg Calley



**(T-13) TEXTURED FLEECE SWEATSHIRT**
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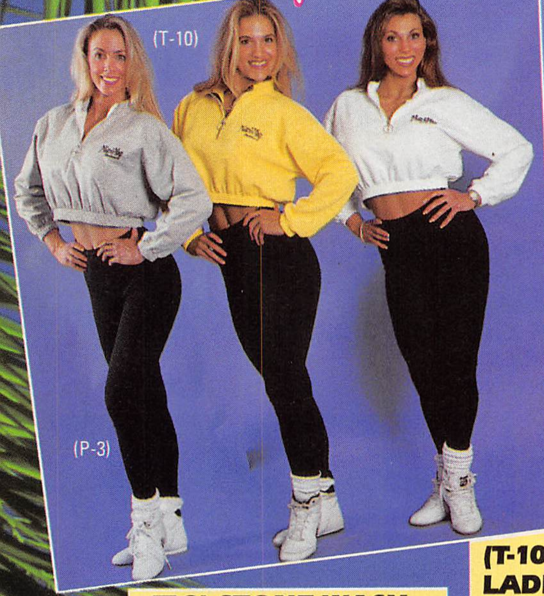

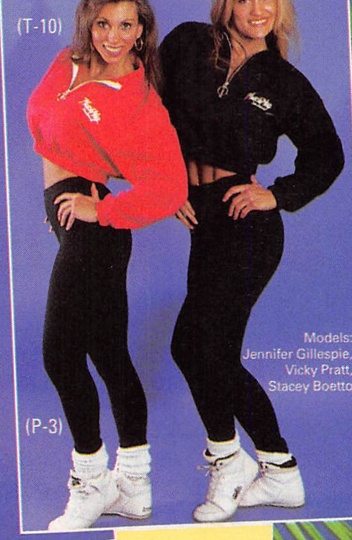

Models: Jennifer Gillespie, Vicky Pratt, Stacey Boetto

### (T-10) MUSCLEMAG LADIES ZIPPERED TOP

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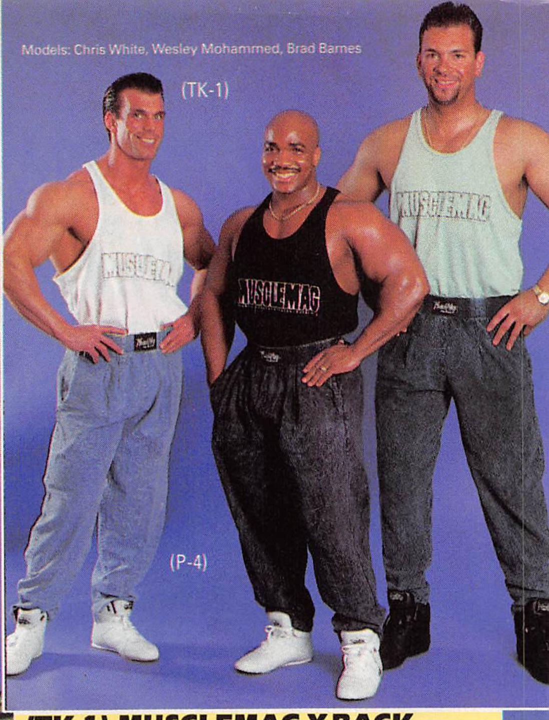

### (TK-1) MUSCLEMAG Y-BACK TANK TOP

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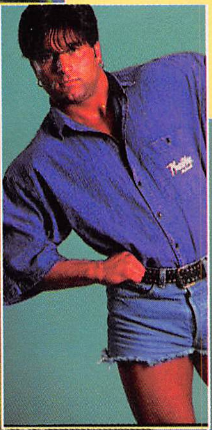
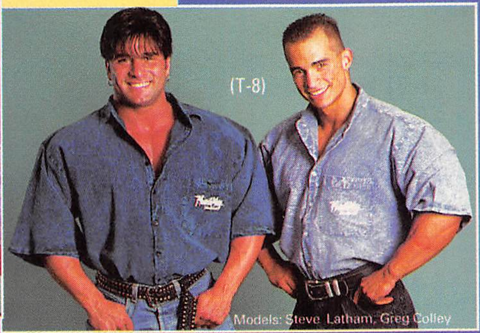




Models: Steve Latham, Greg Colley

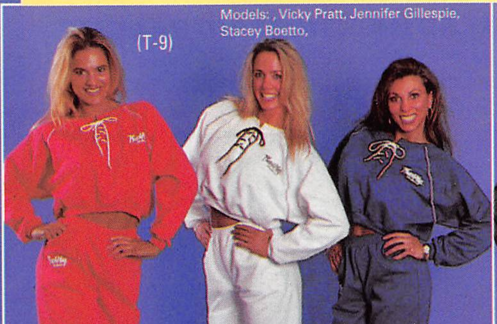
### (T-9) MUSCLEMAG FULLSLEEVE TIE-UP TOP

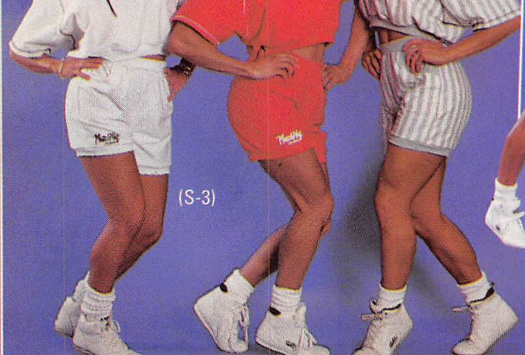
**Colors:** Red, White, Purple or Black. **Sizes:** Small or medium. **$26.00**

### (P-2) MATCHING FLEECE DESIGNER SWEAT PANTS

**Colors:** Red, White, Purple or Black. **Size:** Small or medium. **$27.00**

Models: , Vicky Pratt, Jennifer Gillespie, Stacey Boetto,





### (T-11) LADIES SHORT SLEEVE TIE-UP TOPS

**Colors:** White, Red, Grey Stripe, Black or Purple.
**Sizes:** Small or medium. **$24.00**

### (S-3) MATCHING FLEECE DESIGNER SHORTS

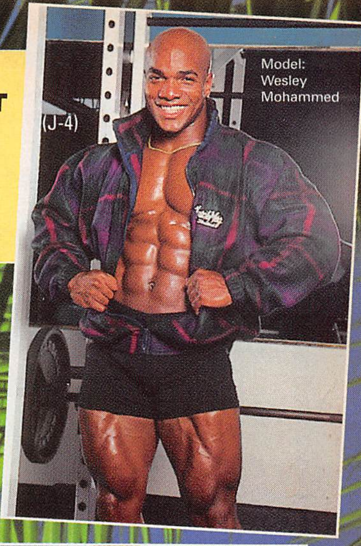
**Colors:** White, Red, Grey Stripe, Black or Purple.
**Sizes:** Small or medium. **$19.95**

Models: Stacey Boetto, Jennifer Gillespie, Vicky Pratt,

Models: Jennifer Gillespie, Vicky Pratt, Stacey Boetto,

## (J-4) ZIPPERED "MUSCLE" JACKET

Heavy reverse Aztech Polar Fleece with stand-up collar.
**Color:** As shown.
**Size:** One size fits all.
**$59.99**


Model: Wesley Mohammed

## (S-2) MUSCLEMAG PLAID SHORTS

**Colors:** Red/Grey Plaid, Blue/Yellow Plaid or Blue/White Plaid.
**Sizes:** Small, medium or large.
**$22.95**

## (T-12) LADIES PIGMENT DYE CRINKLE TOP

**Colors:** Jade, Purple, Magenta, Charcoal or Coral.
**Sizes:** Small or medium. **$26.95**

## (S-4) LADIES PIGMENT DYE CRINKLE SHORTS

**Colors:** Jade, Purple, Magenta, Charcoal or Coral.
**Sizes:** Small or medium. **$22.95**

**For Modeling and seminar information:**

**Paul Gardiner**
c/o MuscleMag Int'l., 6465 Airport Rd.,
Mississauga, ON L4V 1E4
**Stacey Boetto**
c/o MuscleMag Int'l., 6465 Airport Rd.,
Mississauga, ON L4V 1E4
**Melissa Mok**
P.O. Box 1500-120 Etobicoke, ON M9C 4V5
**Vicky Pratt**
c/o MuscleMag Int'l., 6465 Airport Rd.,
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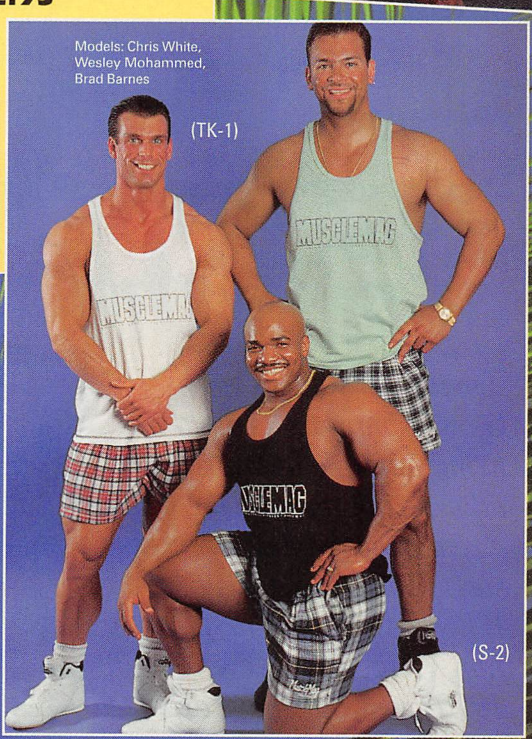
**Wesley Mohammed**
c/o Pitbull Gym 1700 Eglington Ave., Toronto, ON
M4A 1J7
**Brad Barnes**
c/o MuscleMag Int'l., 6465 Airport Rd.,
Mississauga, ON L4V 1E4
**Jennifer Gillespie**
c/o MuscleMag Int'l., 6465 Airport Rd.,
Mississauga, ON L4V 1E4
**Erik Alstrup**
c/o MuscleMag Int'l., 6465 Airport Rd.,
Mississauga, ON L4V 1E4
**Greg Colley**
c/o The Natural Food Market
75 Bridgeport Rd. E. Waterloo, ON N2J 2K1
**Steve Latham**
c/o Monster Gym, 40 Konson Drive, Unit#2
Etobicoke, ON M9W 1B3
**John Simmons** (I.F.B.B. Pro)
c/o Powerhouse Gym
Highland Pk. MI 313 867-4651


Models: Chris White, Wesley Mohammed, Brad Barnes

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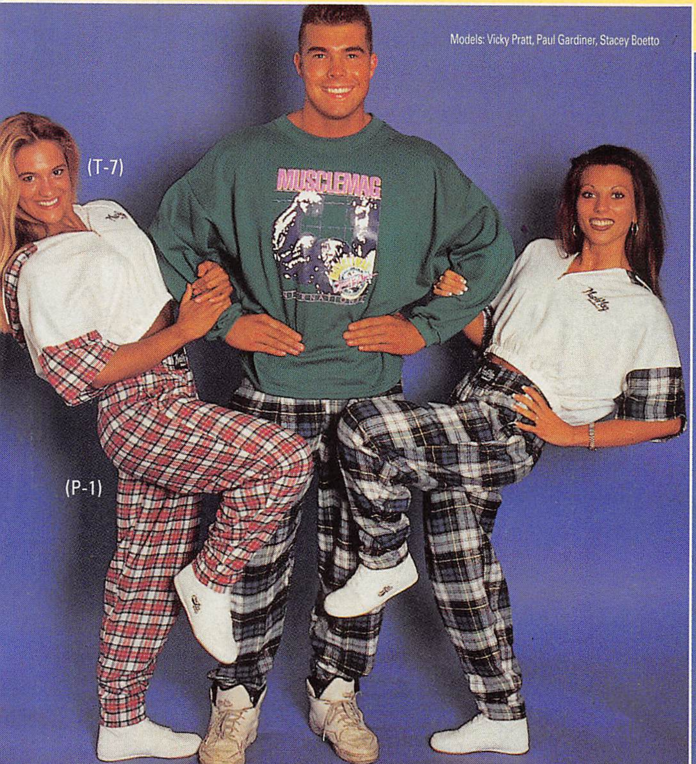
## (T7) LADIES PLAID SHORT SLEEVE HOODED TOPS

**Colors:** White with Red and White Plaid trim, White with Blue and White Plaid trim.
**Size:** One size fits all.
**$22.95**


Models: Vicky Pratt, Paul Gardiner, Stacey Boetto

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# BIG SCREEN SCHWARZENEGGER

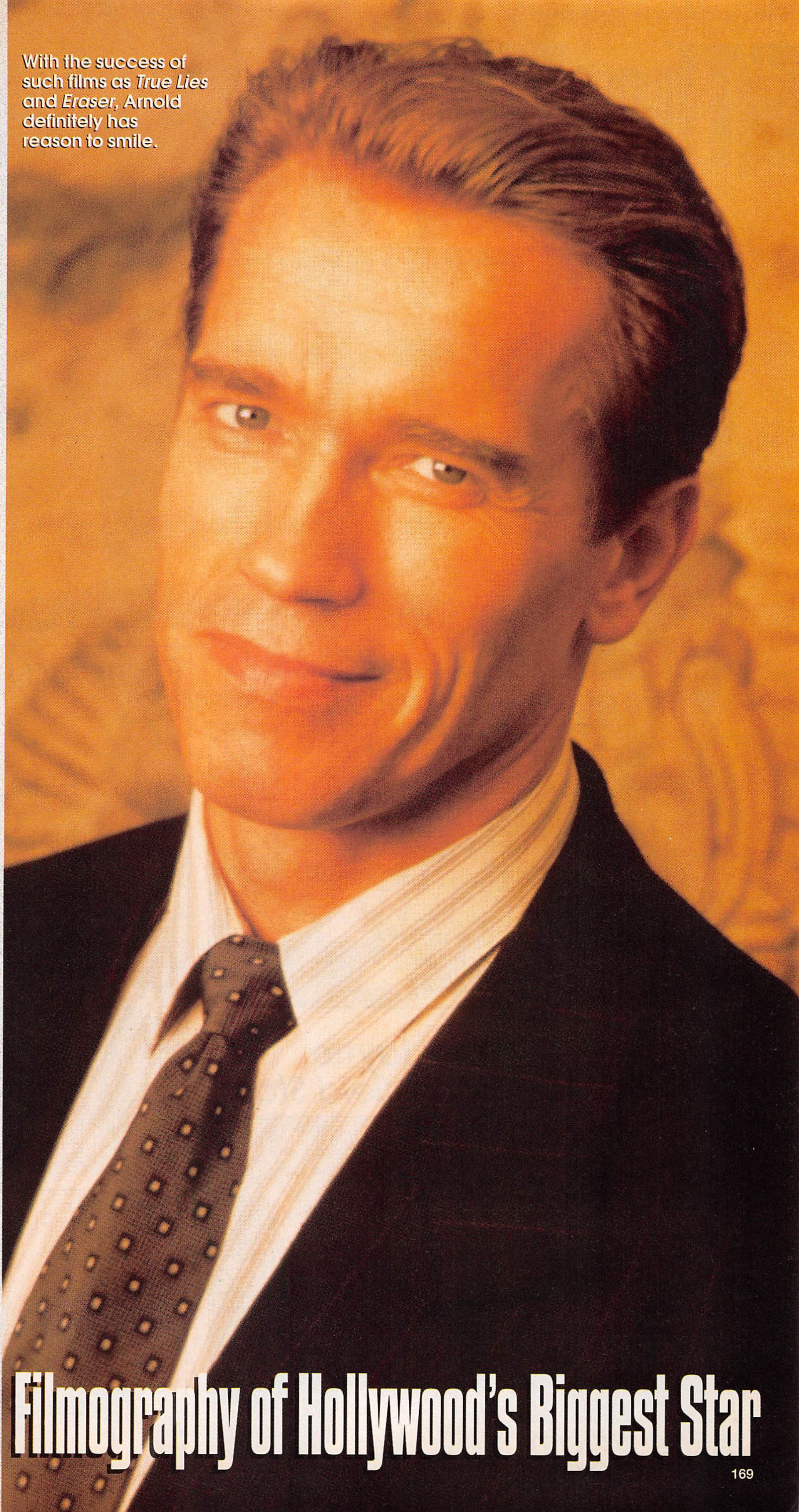
*Arnold Schwarzenegger – known simply as "Arnold" to millions and millions of adoring fans around the world – is unquestionably the most successful actor in history. When he made his first feature film,* Hercules in New York, *in 1970, few would have expected the young Austrian bodybuilder to ever take the movie industry by storm, let alone make another picture. But with his ferocious hunger and ambition, combined with his relentless drive to be the best, Arnold set out to conquer Hollywood, just as he did the bodybuilding world. By the time* The Terminator *was released in 1984, bodybuilding's greatest was now officially recognized as a legitimate box-office superstar. The Oak continued to make hit after hit, which soon became megahit after megahit. Before long Arnold had achieved a much-deserved place in our popular culture.*

What's the first image that comes to mind when you think of Schwarzenegger? *The Terminator.* What else?

Layout by Wil McKeown

Because critics hold his films to such outrageously high standards, anything less than recording-breaking grosses constitutes a dismal failure. Case in point: *Last Action Hero*. But when you're as famous as Arnold is, everybody is looking for you to fall. Contrary to popular belief *Last Action Hero* made money – a lot of money! In fact, Arnold still receives million-dollar royalty checks for the film. Even the man's so-called "failures" are successes. Arnold returned to the big screen the following year with *True Lies*, recapturing his megastar throne and proving that now, more than ever, *Schwarzenegger* is truly the biggest name in Hollywood.

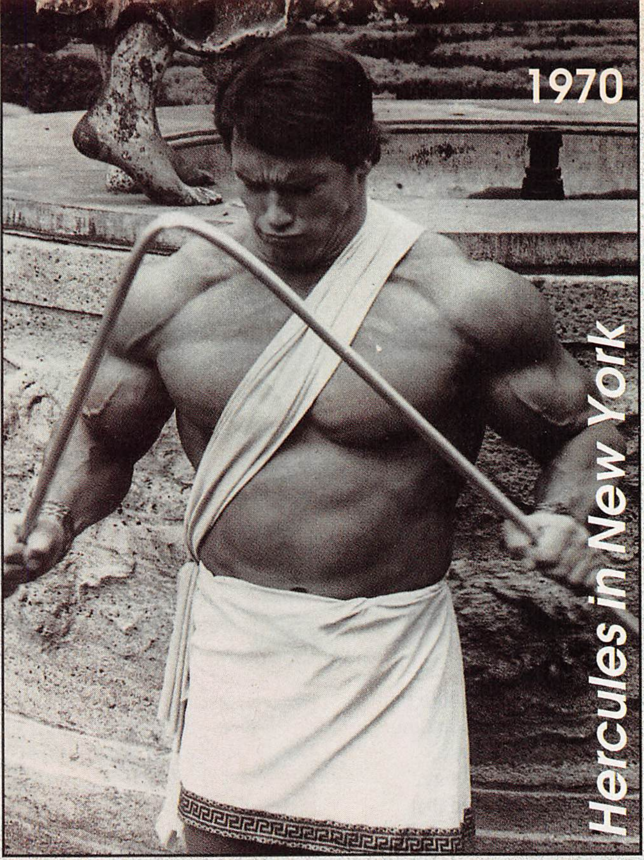
It's not by accident that Arnold receives top billing on all his films. By branding each picture he makes a "Schwarzenegger picture," studios can be assured that movie-goers will flock to their local theaters in droves. Never mind what it's about – it's a "Schwarzenegger movie." Combined, the Oak's films have grossed a staggering amount of money – many billions of dollars – with absolutely no signs of slowing down. No other actor's films in history have made as much money and, consequently, no other actor is paid as much. Currently Arnold's going rate per film is in the $35-million range, plus director, script and cast approval as well as a percentage of the box-office gross. Without question Arnold is here to stay and the best is yet to come. Not only is he an accomplished actor, but Schwarzenegger has also showcased his talents as both a director and a producer. The Oak's next blockbuster is the upcoming *Batman & Robin* in which he stars as the villainous Mr. Freeze, followed by *With Wings of Eagles*, and he has literally dozens of other projects in the works. *MuscleMag* is pleased to bring you, for the first time ever, the complete filmography of the one and only Arnold Schwarzenegger.


With the success of such films as *True Lies* and *Eraser*, Arnold definitely has reason to smile.

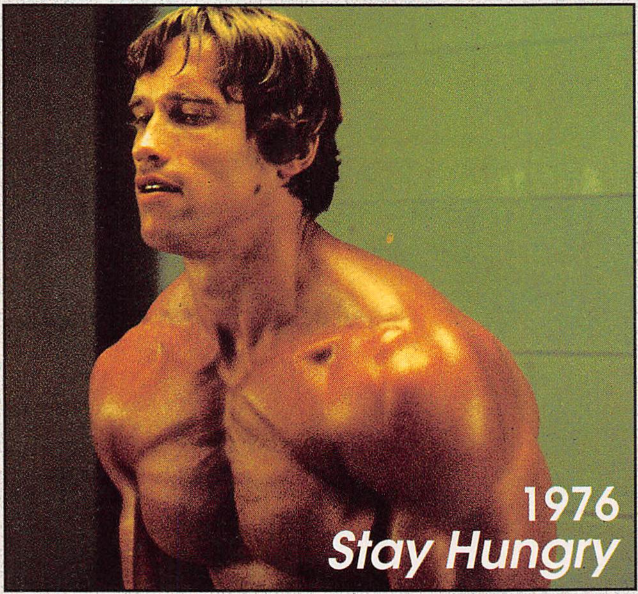
**Compiled by Tyler Dinwoodie**

# The Complete Filmography of Hollywood's Biggest Star

# The 1970s

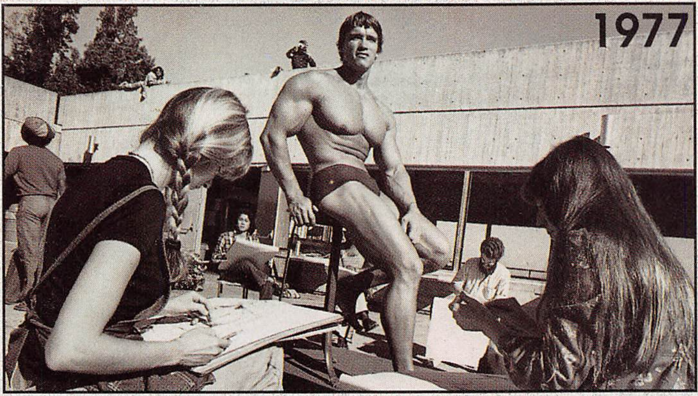

1970

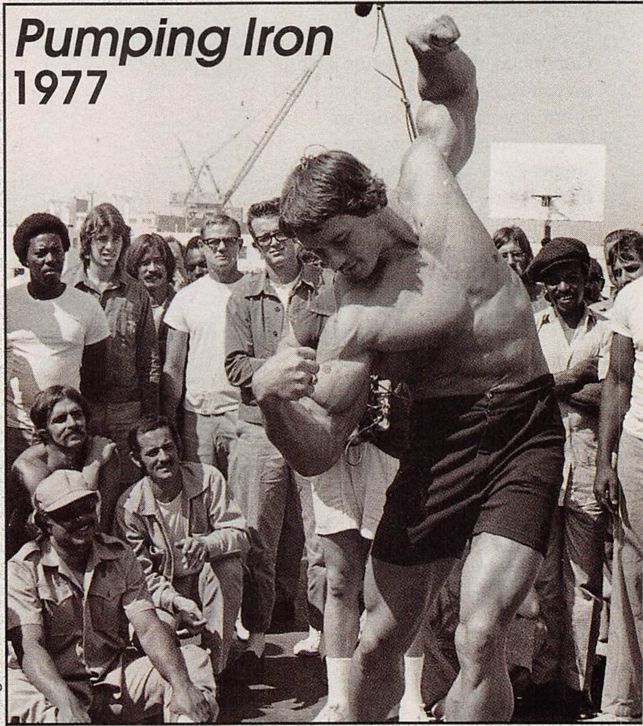
Hercules in New York


1976

*Stay Hungry*

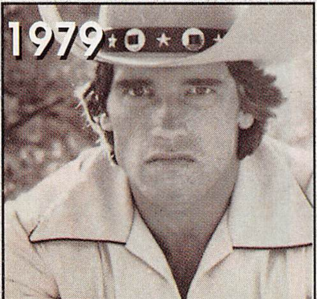
▼Streets of San Francisco


1977


Pumping Iron

1977

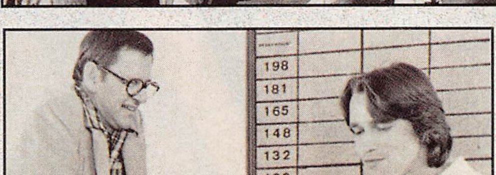
George Butler


1979

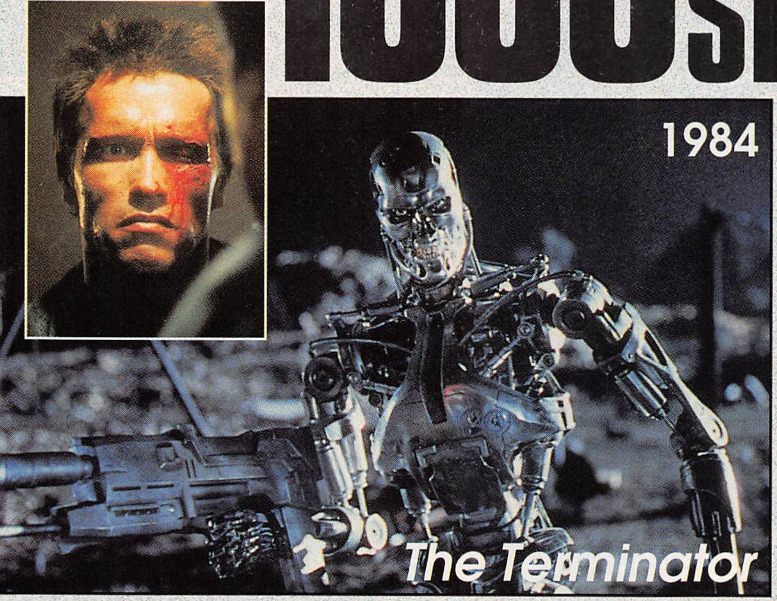
▲The Villain

The Jayne Mansfield Story

1979

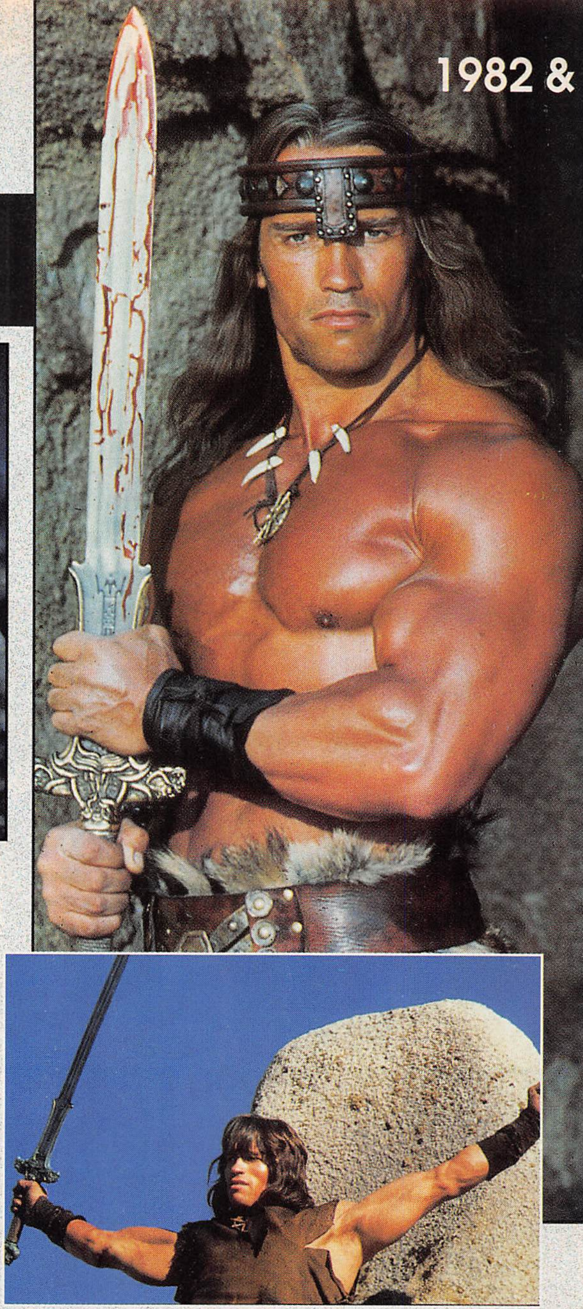

1979 ◀Scavenger Hunt

# The 1980s



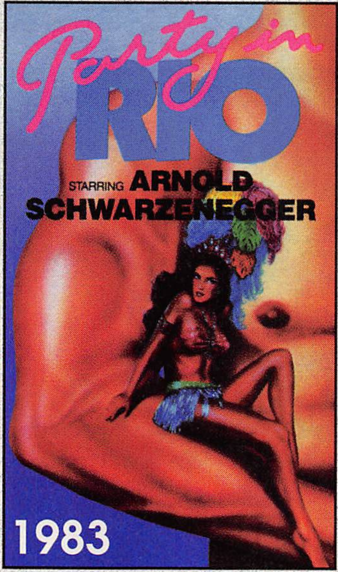
1984

The Terminator



1982 & 84

Conan the Barbarian & Conan the Destroyer

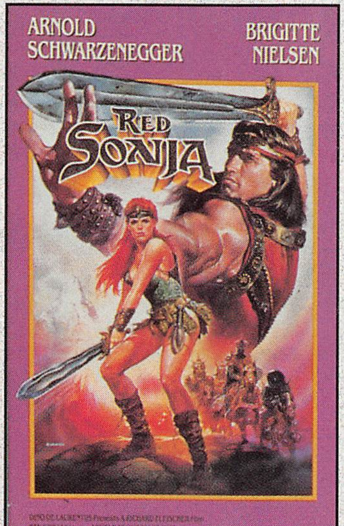

Party in RIO
STARRING ARNOLD SCHWARZENEGGER

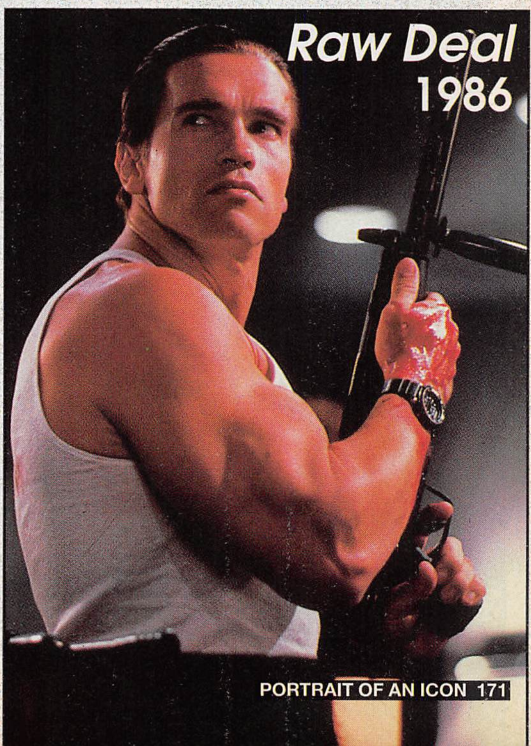
1983

Party in Rio ▲

1985

Red Sonja ▼


ARNOLD SCHWARZENEGGER
BRIGITTE NIELSEN
RED SONJA
MGM/UA



Raw Deal

1986

1985

Commando

# The 1980s

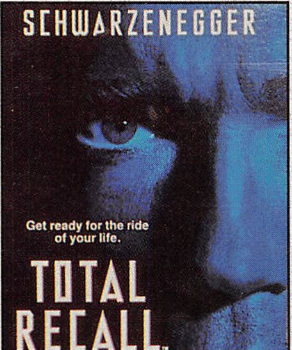
▼Predator

1987

The Running Man

1987

# The 1990s



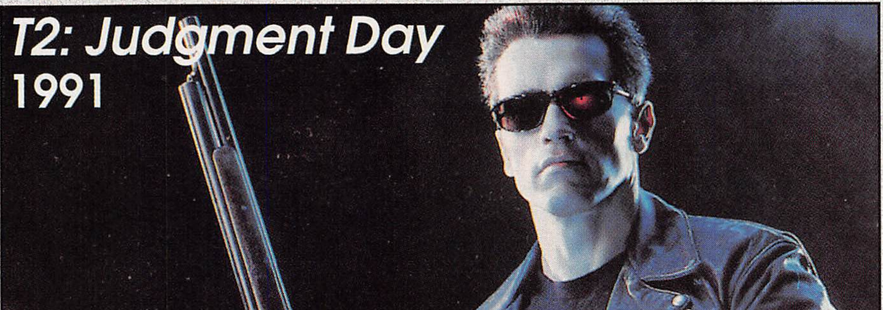
SCHWARZENEGGER
Get ready for the ride of your life.
TOTAL RECALL.

1990

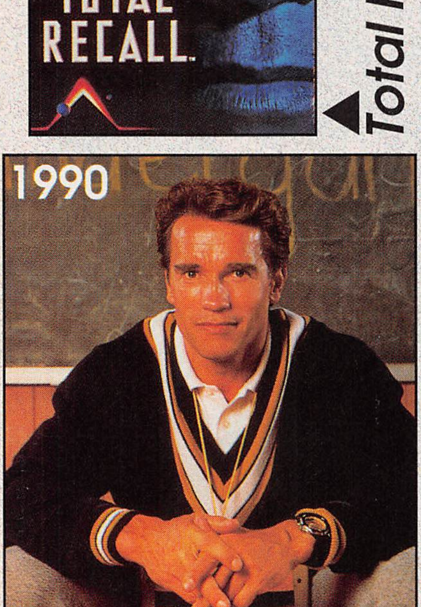
◀Total Recall

T2: Judgment Day

1991



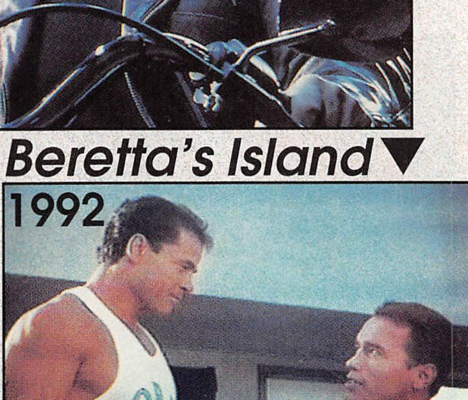
1990



◀Kindergarten Cop

Beretta's Island▼

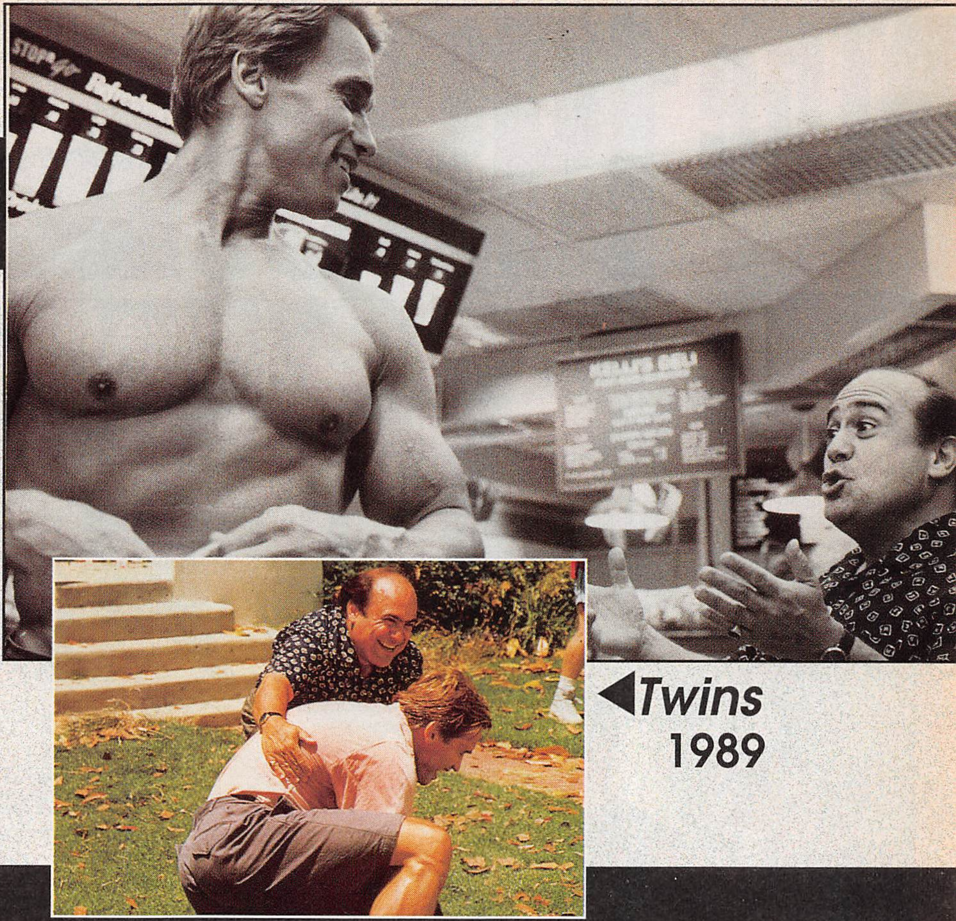
1992



Arnold graciously agreed to play a cameo role in longtime friend Franco Columbu's *Beretta's Island.*

1988

*Red Heat*

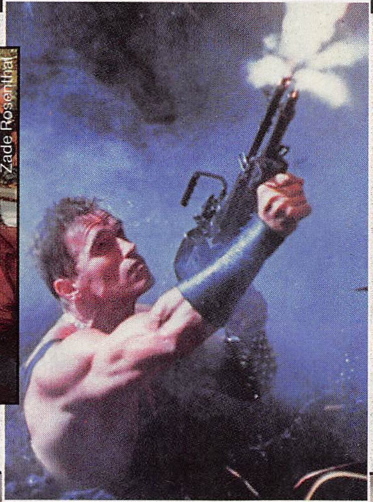


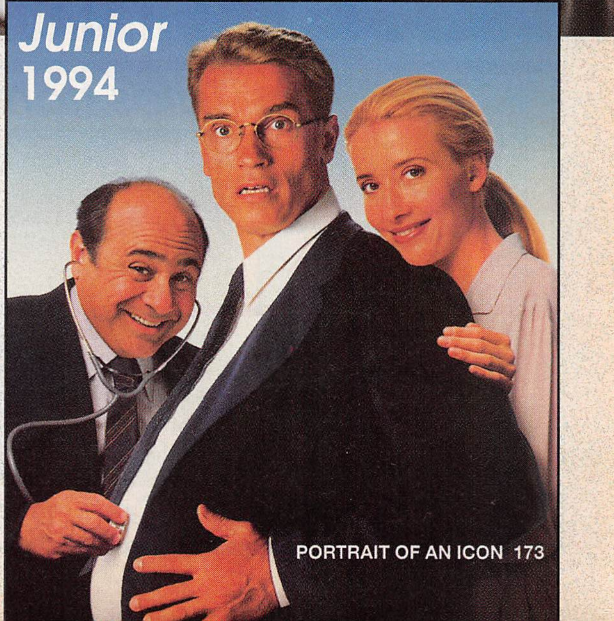
◀*Twins*
1989

Zade Rosenthal

1993

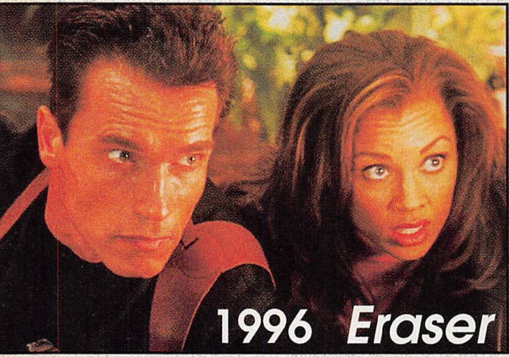
*Last Action Hero*

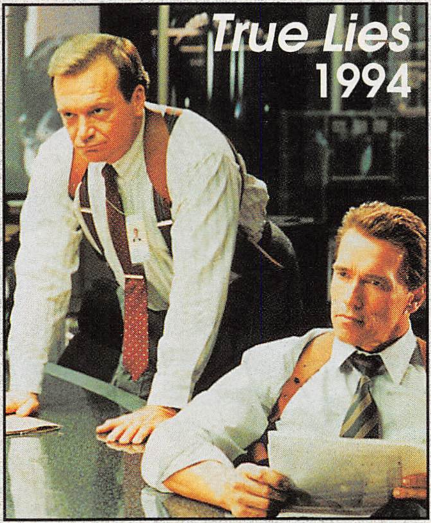


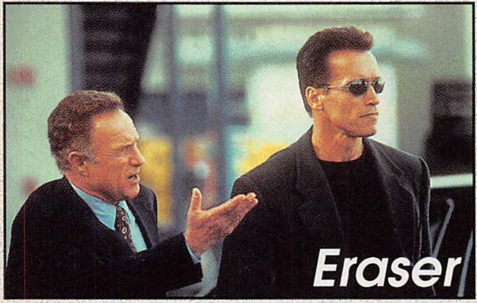


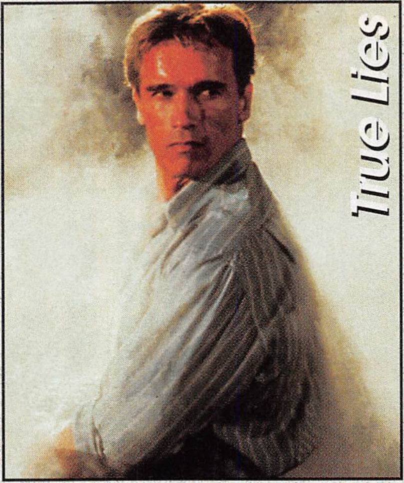
*Junior*
1994

# The 1990s


1996 *Eraser*


*True Lies* 1994


*Eraser*

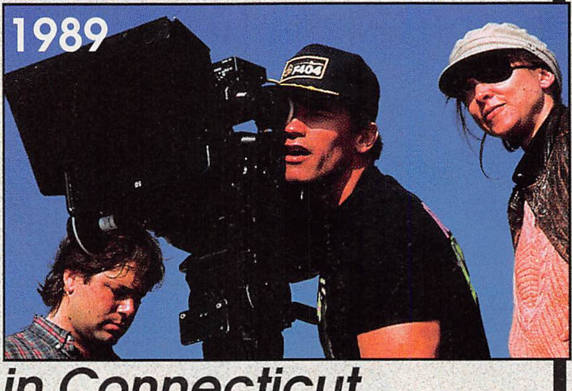

*True Lies*

1996 *Jingle All The Way*

## Directorial Work

*Tales from the Crypt* ▼

Dyan Cannon
Kris Kristofferson
Tony Curtis
CHRISTMAS in CONNECTICUT
1992


1989

▲*Christmas in Connecticut*

## ARNOLD SCHWARZENEGGER

### FILMOGRAPHY

**1970** *Hercules in New York*
(a.k.a. *Hercules Goes Bananas*)
**1973** *The Long Goodbye*
**1976** *Stay Hungry*
**1977** *Pumping Iron*
**1979** *The Villain*
**1979** *Scavenger Hunt*
**1980** *The Jayne Mansfield Story*
**1980** *The Comeback*
**1982** *Shape Up with Arnold*
**1982** *Conan the Barbarian*
**1983** *Party in Rio*
**1984** *Conan the Destroyer*
**1984** *The Terminator*
**1985** *Red Sonja*
**1985** *Commando*
**1986** *Raw Deal*
**1987** *Predator*
**1987** *The Running Man*
**1988** *Red Heat*
**1988** *Twins*
**1990** *Total Recall*
**1990** *Kindergarten Cop*
**1991** *Terminator 2: Judgment Day*
**1992** *Lincoln*
**1992** *Beretta's Island*
**1993** *The Last Party*
**1993** *Last Action Hero*
**1993** *Dave*
**1994** *True Lies*
**1994** *Junior*
**1995** *Sinatra: 80 Years My Way*
**1996** *T2:3D Battle Across Time*
(attraction for Universal Studios)
**1996** *Eraser*
**1996** *Jingle All The Way*
**1997** *Batman & Robin*
**1998** *With Wings of Eagles*

### DIRECTORIAL FILMOGRAPHY

**1989** *Tales From The Crypt – The Switch*
(television episode)
**1992** *Christmas in Connecticut*
(made-for-television movie)

### EXECUTIVE PRODUCER FILMOGRAPHY

**1993** *Last Action Hero*
**1998** *Great Heart*

### TELEVISION APPEARANCES

**1974** *The Dating Game* (contestant)
**1974** *Happy Anniversary and Goodbye*
(Lucille Ball TV special)
**1977** *The Streets of San Francisco – Dead Lift* (television episode)
**1991** Guns N' Roses *You Could Be Mine* music video
**1993** AC/DC *Big Gun* music video AS

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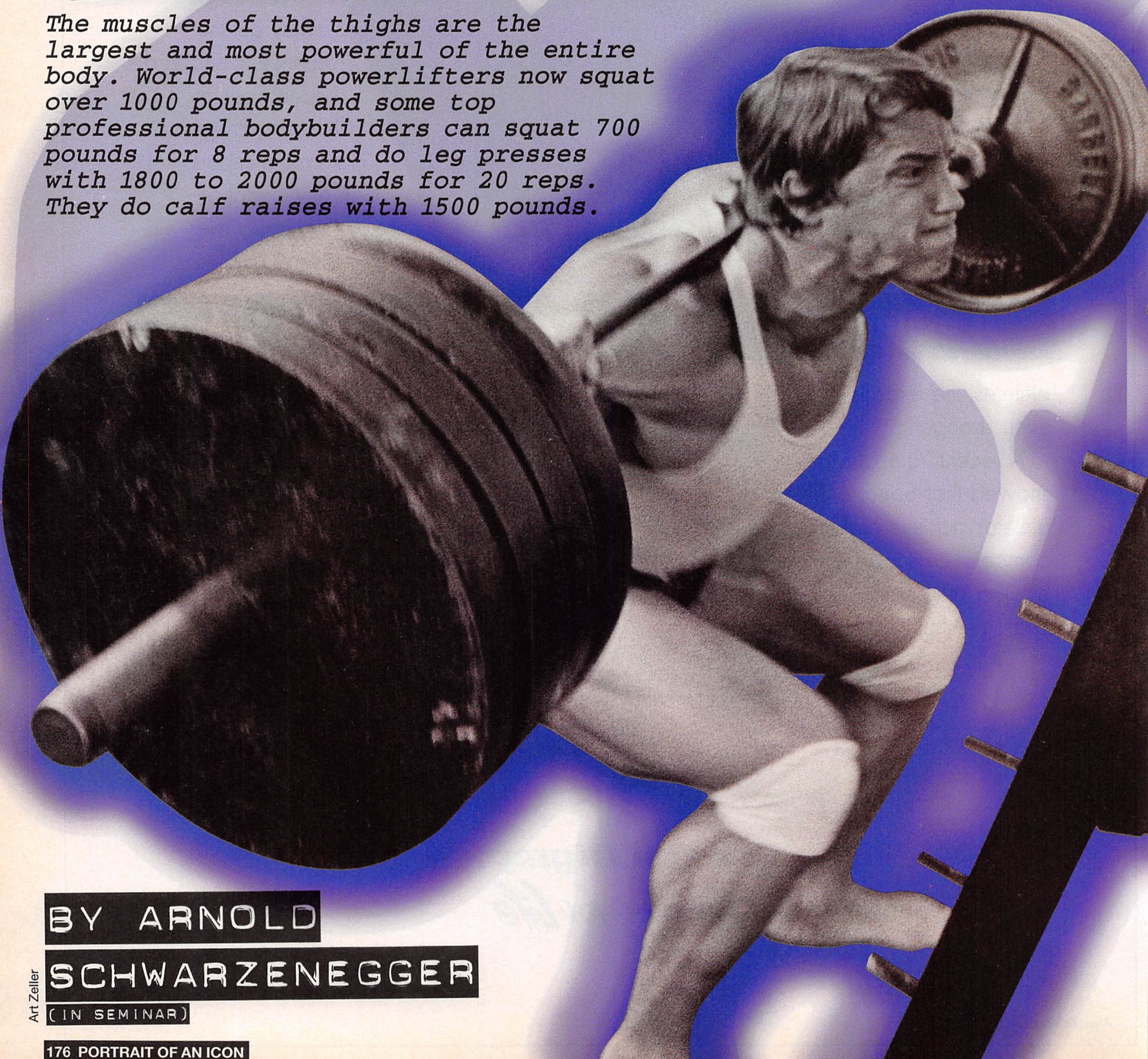
*Training for Life*

**A public service of this magazine**

# "HOW I BUILT MY OLYMPIAN LEGS"

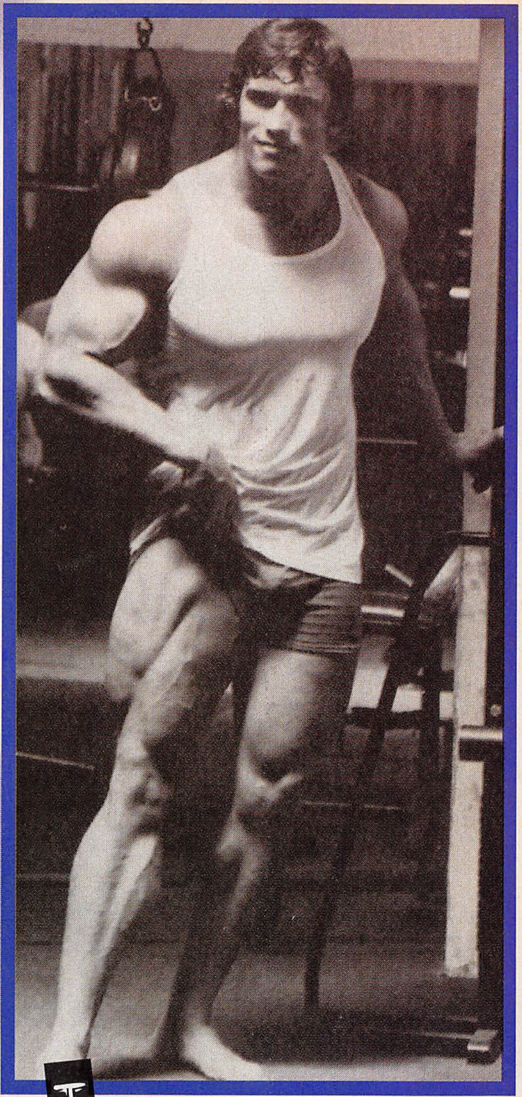
*The muscles of the thighs are the largest and most powerful of the entire body. World-class powerlifters now squat over 1000 pounds, and some top professional bodybuilders can squat 700 pounds for 8 reps and do leg presses with 1800 to 2000 pounds for 20 reps. They do calf raises with 1500 pounds.*



Art Zeller

### BY ARNOLD SCHWARZENEGGER

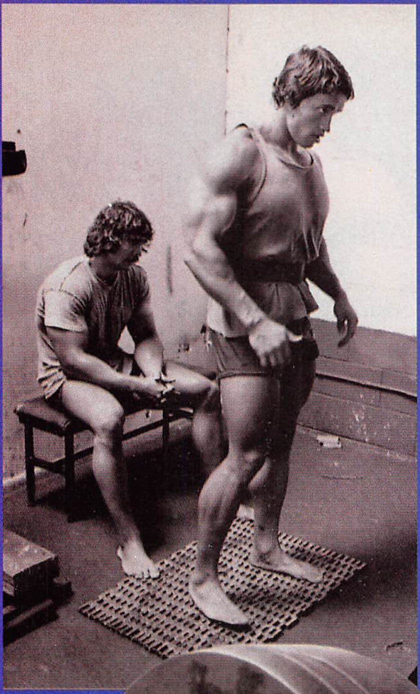
(IN SEMINAR)

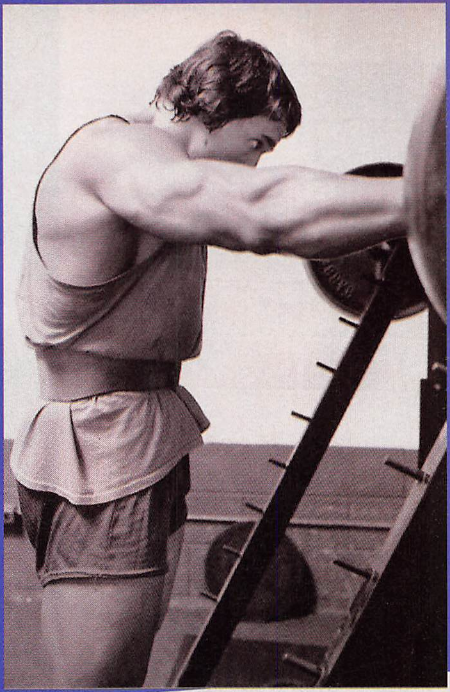


The legs also have the most endurance. Because we walk around on our legs all the time (as well as running on them, climbing stairs, dancing, jumping and other physical activities), Mother Nature designed the legs with plenty of red slow-twitch high-endurance muscle fibers, which make them very difficult to fatigue. People in exceptional physical condition can run 100 miles or hike through rugged terrain for weeks. Even people in relatively poor condition can walk three or four miles without any difficulty while playing a round of golf. If the legs were made up primarily of white fast-twitch muscle fibers, we would have trouble walking even short distances because our calf and thigh muscles would tire quickly and burn out.

No other muscles of the body have this dual quality of great strength and great endurance. This is why training legs for bodybuilding is so demanding. You have to use heavy weights and at the same time do enough reps and enough sets (volume) to properly stress the muscle fibers of the legs and exhaust their endurance capacity. This is no easy task. Doing 5 sets of barbell curls with 140 to 150 pounds or bench presses with 250 to 350 pounds can be demanding, but it is nothing compared to doing 5 sets of squats with 400 or 500 pounds on your

Layout by Vincent Antonellis

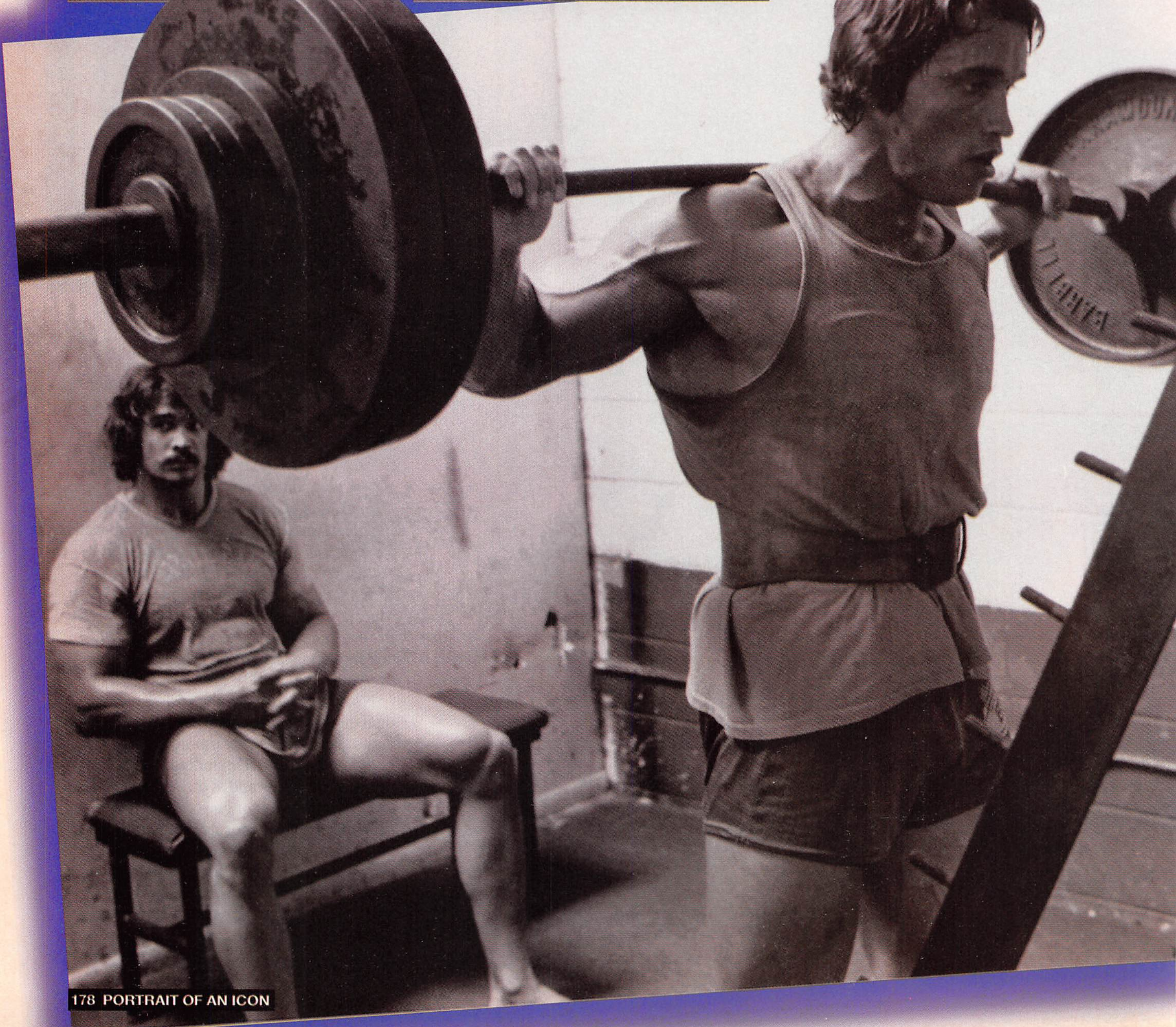




shoulders. It's like running a minimarathon – only with that kind of exertion squeezed into eight or nine minutes of concentrated effort.

No doubt about it – the legs are the most taxing of all muscle groups to train, as the exercises for the thighs are by far the most strenuous and demanding. Hard leg-training, more than any other type of exercise, is nauseating to do. There's no getting around it. Many bodybuilders are just not willing to work as hard as is necessary to build a champion's legs, and so their legs lag behind their upper body. Some bodybuilders give up on leg-training altogether, and end up with totally disproportionate physiques. We used to call them "tank-top bodybuilders" because even at the beach they wore long pants to cover up their stork legs while showing off their arms, delts and pecs in tank tops.

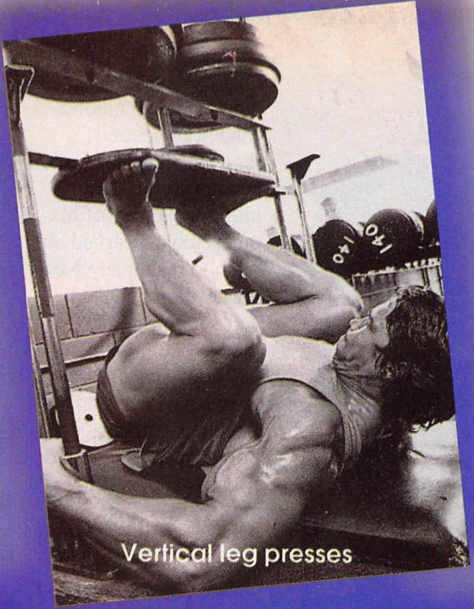
**Psyching myself up for a set of barbell squats as Denny Gable looks on.**

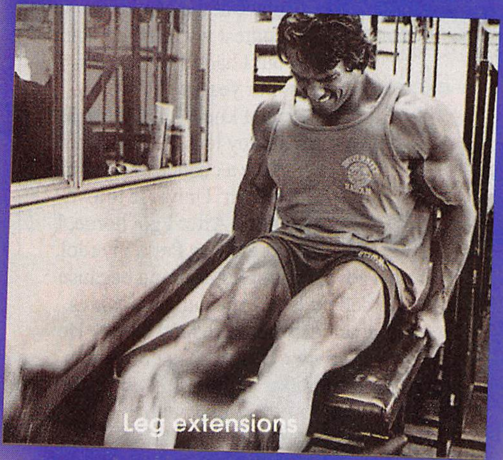


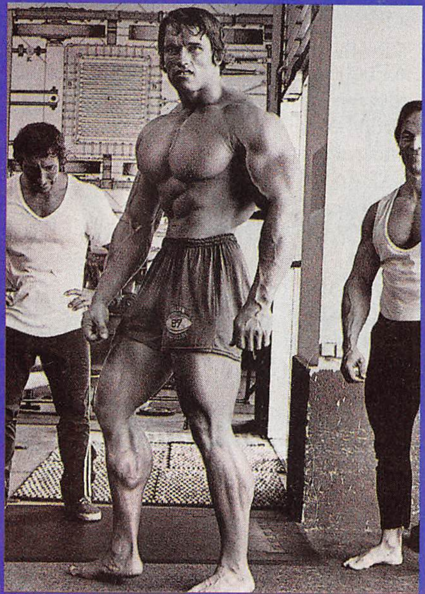
It's no big secret that I neglected my legs early in my career. Like most beginners I made the mistake of not training my legs at all my first year. When I began bodybuilding, all I cared about was big biceps and big pecs. I had no interest in beautiful diamond-shaped calves, massive thighs with huge sweep and deeply separated quads, or full, round hamstrings. I didn't really care about overall body symmetry or proportions. Only when I got interested in physique competition did I become aware of how critical good legs were for bodybuilding success. My upper body had a huge head start – especially my arms and chest – and so my legs had a lot of catching up to do.

Even after I started to train for bodybuilding competitions, however, I still was not putting forth the kind of effort that was necessary to develop Mr. Olympia-quality legs. I certainly wasn't training them with the passion and enthusiasm I had for training biceps, chest and back. At that time leg-training was to me a necessary evil. I knew I needed to develop my legs to improve symmetry and proportions for competition, so I did what I thought was just enough sets with just enough intensity to stimulate my legs to grow, but no more. For years I did only 5 sets of squats. In retrospect I realize I should have been doing 8 to 10 sets. I also didn't use enough weight on front squats because holding the bar across my front shoulders was uncomfortable. My shoulders hurt and I couldn't breathe properly. I did not use enough weight on the leg press either, nor did I do enough reps. I used 300 pounds on calf raises and totally neglected training my leg biceps the first three years of working out.

To compound the problem, I trained my legs at the end of my routine after I had finished working some upper-body muscle groups. I was so tired by the time I got to legs that I had no energy or enthusiasm left for them at all. After putting so much time and energy into upper body, I was unable to train my legs with the kind of power, concentration, energy, enthusiasm and heavy weight necessary to stimulate much-needed growth. If I was to bring up the development of my legs, and in dramatic fashion, a rearranging of my workouts would be necessary. I would have to use the priority principle and train them first in my routine when my strength, energy and concentration levels were at their highest. By working on a split routine, I could devote two workouts out of six for the week to training only legs. Eventually I got to the point where I trained my calves five or six days a week, vastly improving their size and shape, but not until I moved to America and began training at Gold's Gym in Venice did I really start to train calves properly.


Vertical leg presses


Leg extensions

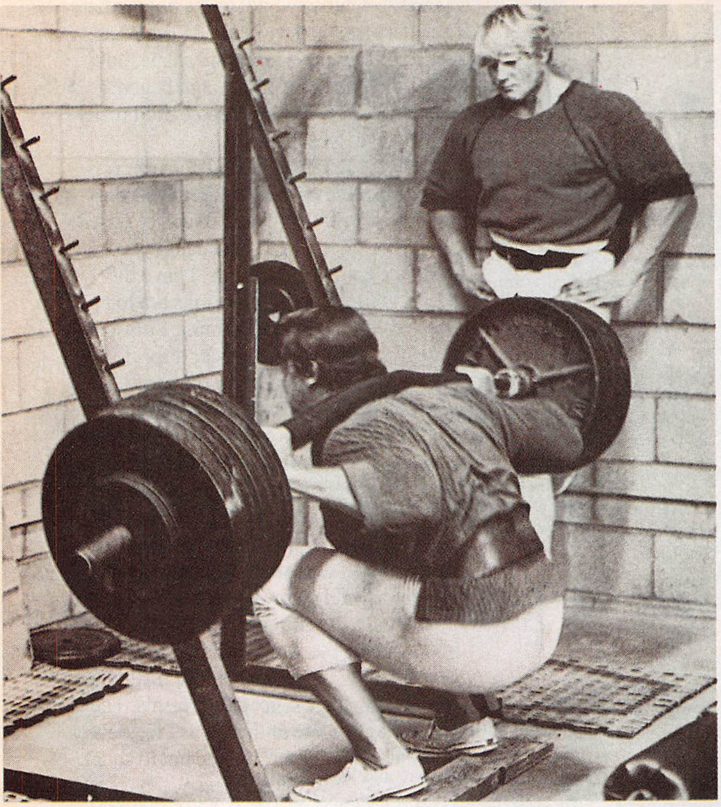


When I started training at Gold's, it was decided that the first half of the year would be devoted to bringing up the overall mass and size of my legs so they'd be more in proportion with my arms and upper body.

The biggest change needed, though, was not to my routine or the leg exercises I did or the amount of weight and intensity I used. First and foremost, what I needed most was a complete change of attitude. I have discovered that, if maximum results are to be expected, you must love training a muscle group and put forth the proper effort to make it grow. You must feel the same passion and enthusiasm for training your worst muscle group as you do for your best. You must look forward to training it with anticipation and delight, instead of fearing or despising it. Otherwise, you will just rush through the exercises to get the workout over with. To bring my legs up to the level of my upper body, I had to learn to love training legs.

Many people fear, loathe or despise training legs, so they never put forth the necessary effort to get good results. They make up excuses for their lousy leg development: "My doctor told me not to squat because it's bad for the knees." "I have an old football injury so I can't train legs properly." "I have poor genetics." (I tried to convince myself of that one for a while, too.) Early in my career I had a similar negative attitude about legs. I thought I was training my legs hard but I wasn't really. I couldn't wait to finish my leg workouts so I could go back to bombing my arms, chest and other muscles of the upper body. It took me years to understand that you can learn to love training any muscle group if you want results badly enough. The more results you get, the more you love training a muscle group. Unfortunately I didn't learn this lesson until I had lost two Mr. Universe contests, the 1966 NABBA Amateur Mr. Universe in London, England to Chet Yorton and the 1968 Mr. Universe contest in Miami, Florida to Frank Zane. I was still a kid with a lot to learn about the power of positive thinking and the power of the mind.

You must train with total concentration and commitment to your goals. You can't be thinking about girls or bills you owe or where you're going to eat that night and still train with proper intensity. I have actually seen guys reading a newspaper between sets. They hadn't changed their physiques in years because they were just basically going through the motions. A lot of guys do a set and then spend ten minutes talking to friends instead of concentrating on their workout. If you do 1 set of exercise and 5 sets of yacking, don't expect gains. At age 18, though, I was just beginning to understand the role the mind plays in training and making gains. I didn't understand it as well as I would a few years later. In the meantime I made stupid mistakes that cost me dearly.



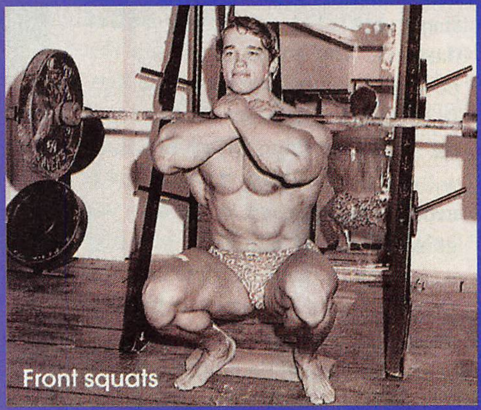
**Heavy sqautting with the Blond Bomber, Dave Draper, at Joe Gold's gym in 1970.**

Not surprisingly, then, my legs lagged far behind the level of my arms and upper body. I guess I was kidding myself. I wanted to be Mr. Universe (and later Mr. Olympia), but I wasn't prepared to work hard enough on my legs to get the development I needed to win those titles. Once I accepted the fact in my mind that for leg workouts to be effective they had to be brutally hard, I started to improve.

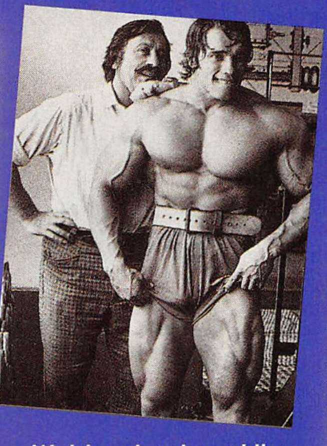
Until I entered my first NABBA Mr. Universe in London in 1966, I thought all that mattered was getting big, especially in the arms and chest. Cuts, definition, polish and finish were qualities unknown to me. I ate and trained for mass, believing that biggest was best. Hell, I didn't even concern myself with getting a dark golden tan or wearing proper-fitting posing trunks. Having won the Mr. Europe contest with that "get big" training philosophy, I was naively confident that I would do just as well against international competition.

Then suddenly I was at the prejudging being compared to American Chet Yorton, the 1966 IFBB Mr. America champion, and was exposed for the rank amateur I really was. Chet had the look of a winner. He had a confident stage presence and a beautiful bronze tan. He had polish, finish and mature muscularity. He had veins, cuts and definition, and a perfectly sculpted physique. His posing routine was excellent. He really knew how to display his strong points. What impressed me most was his legs. Chet had just won the Best Legs award at the IFBB Mr. America contest. After seeing him onstage I understood why. He had diamond-shaped calves and fantastic thigh separation and definition. The individual heads of his quads looked carved out of solid mahogany. My leg development suddenly seemed woefully inadequate. My thighs had good size but lacked shape. And I couldn't flex or pose them properly. Although my friends said I was the best, I knew Chet deserved to win. So I left London a loser.

I was only 19. Second place at the Mr. Universe contest was no disgrace, but I hadn't trained for four years to be runner-up. I knew I had to work on my legs if I hoped to have a chance of winning the Mr. Universe title in 1967. After I got home, I wrote Reg Park, my idol, to ask his advice about leg-training because he had excellent legs, especially his calves. He very graciously answered my letters. He said he was going to England to do a series of posing exhibitions and suggested we meet there. I wrote promoter Wag Bennett, who had arranged for me to do some appearances in England after my second-place finish at the NABBA show, and asked him if there was any way I could appear with Reg Park. Wag set it up so that I could meet Reg in England. To say I was excited would be a great understatement.



Front squats



Joe Weider checks out the Oak's incredible quads.

For a week I traveled with Reg to exhibitions in Ireland and different cities across England. We trained together, and that was a huge thrill for me at the time. Training with Reg was very inspiring. He was a three-time Mr. Universe. He had a complete physique with fantastic legs, abs and deltoids – three areas in which my development was poor – but after seeing him in person I was determined to bring those bodyparts up in a hurry. A big motivation for me was Reg's kind offer to have me go to South Africa to stay at his home and train with him – on the condition that I won the 1967 NABBA Mr. Universe title. He felt sure I could win if I trained hard.

> FOR THE FIRST TIME I PAID SPECIAL ATTENTION TO WORKING MY LEG BICEPS, CREATING MORE SWEEP TO MY OUTER THIGHS, ADDING MORE SIZE TO THE TEARDROP MUSCLE ABOVE THE KNEE, AND BRINGING OUT SEPARATION BETWEEN THE INDIVIDUAL HEADS OF THE QUADRICEPS.

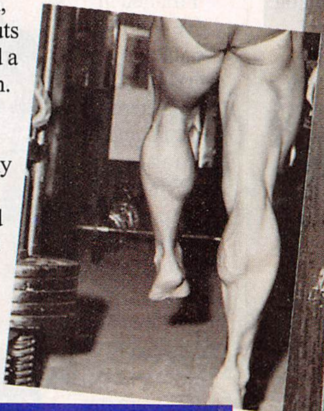
Reg's faith in me was a tremendous boost to my confidence. I was determined not to let him (or myself) down. I wanted that trip to South Africa – and Reg's respect – as much as the Mr. Universe title. I knew my calves were weak so I began to train them every day. They responded immediately and soon began to grow more in proportion to my other muscle groups. They wouldn't be as big as I wanted them for a few years yet, but they did improve dramatically. I also started to practice flexing my legs so that I had better control of my thighs and calves. My legs did not yet have the mass, sweep and separation they would show when I later won my Mr. Olympia titles, but they were vastly improved over 1966. As I had hoped, I won the 1967 Mr. Universe title over Dennis Tinerino, even though he had superior abdominals and legs. My arms and upper-body mass pulled me through again. The last time I spoke to Dennis before leaving London, I asked him what he thought I needed to do to improve my physique. "Keep working your calves, Arnold," he said. Then to reinforce the importance of calves he lifted his pant leg, turned his right leg and flexed. He had really gorgeous calves which popped out like small melons!

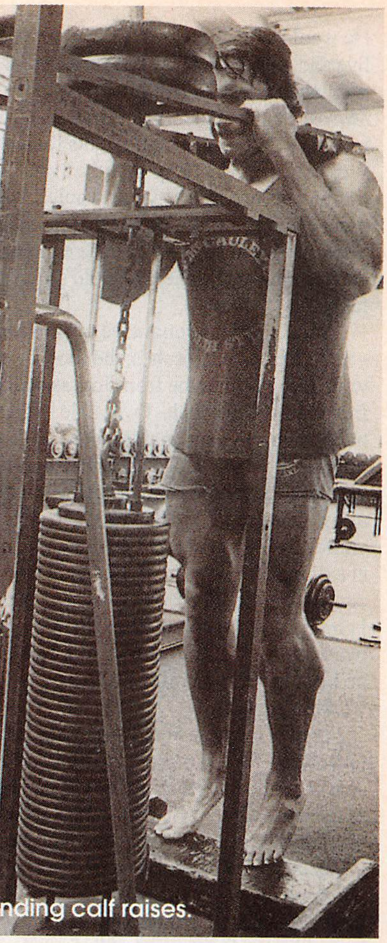
Then I was off to Johannesburg, South Africa to stay and train with Reg Park. I was so excited about training and learning from Reg. One of my first lessons came the first time we trained calves. I put 400 pounds on the machine and did a set of less-than-full-range reps. Reg put over 800 pounds on the machine and did a set of 12 good full-range repetitions. Here I was – a Mr. Universe winner – and in some ways I felt like a beginner. But Reg was a good teacher. He explained to me that since we walk around on our calves all day long, they need very heavy weights and high-intensity training to shock them into growth. He said I would never have great legs, no matter how good my thighs became, if I did not develop fantastic calves. I knew I was going to have to train my calves harder than ever if I hoped to one day have the calf development of Reg Park and bring them into proportion with my arms.

In 1968 my body made more improvements, and I easily won the NABBA Pro Mr. Universe contest. My confidence was brimming. Two Mr. Universe titles by the age of 21! I felt unstoppable. Then the turning point of my career occurred. Joe Weider invited me to compete at the IFBB Mr. Universe in Miami. One of my lifelong goals was to go to America to compete. I went in feeling like the sure winner but, though I was the biggest bodybuilder in the world, I was not yet the best. I was not perfectly proportioned. I still wasn't paying attention to the little details that make a champion. Again I hadn't bothered to tan. I was big but a little smooth. My posing was only fair, and my legs still lagged far behind my upper body. Still the announcement came as a complete shock to me when I was given second place to Frank Zane because I outweighed him by 50 pounds. Looking back, I can see now that he had more muscle maturity and polish, better symmetry, cuts and proportion, and a beautiful golden tan. His posing was masterful, and his legs were beautifully shaped and cut.

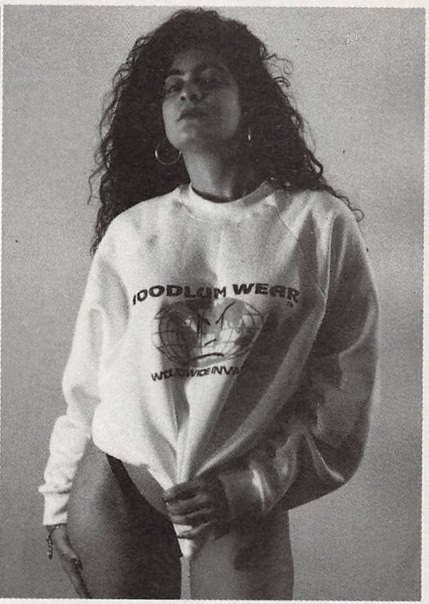
That night I cried myself to sleep, but in the morning I was only more determined to reach my goal of becoming the number one bodybuilder in the world. I knew I had it in me. Fortunately I reached an agreement with Joe Weider that I would live in Santa Monica, California for a year and work for him.

I had worked my calf muscles to total exhaustion and beyond.





Standing calf raises.



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He would supply me with a car, a place to live and a weekly salary in exchange for training articles and photographs for his *Muscle Builder* and *Mr. America* magazines. I would also do ad endorsements for his food supplements. Most importantly, I was training at Joe Gold's gym in Venice with great champions like Dave Draper, Frank Zane and Zabo Koszewski. The equipment and training atmosphere at Gold's were fantastic.

Everything was conducive to hard training – the climate, the beaches, the food – and with a regular income from Joe, as well as free food supplements, I was able to concentrate on training and making the improvements I needed. I started to train on a double-split routine, working out twice a day. This schedule allowed me to devote entire sessions to one or two muscle groups at a time. There was no holding back to conserve energy for other muscle groups. I could give everything I had in my morning workout, eat well and rest all day, and then go back to the gym refreshed for my second workout at night.

For the first time I paid special attention to working my leg biceps, creating more sweep to my outer thighs, adding more size to the teardrop muscle above the knee, and bringing out separation between the individual heads of the quadriceps. I was also bombing my calves heavily every day. My thighs started to get the shape and muscularity I had only dreamed of before. And I began to really love training legs! I loved the challenge of lifting heavy weights and I was thrilled to see improvements almost every time I went to the gym. I couldn't wait until my next leg workout so I could develop them some more.

That's the way it has to be if regular gains are to be made. Nothing pushes you to train harder and harder than to see gains coming almost every workout.

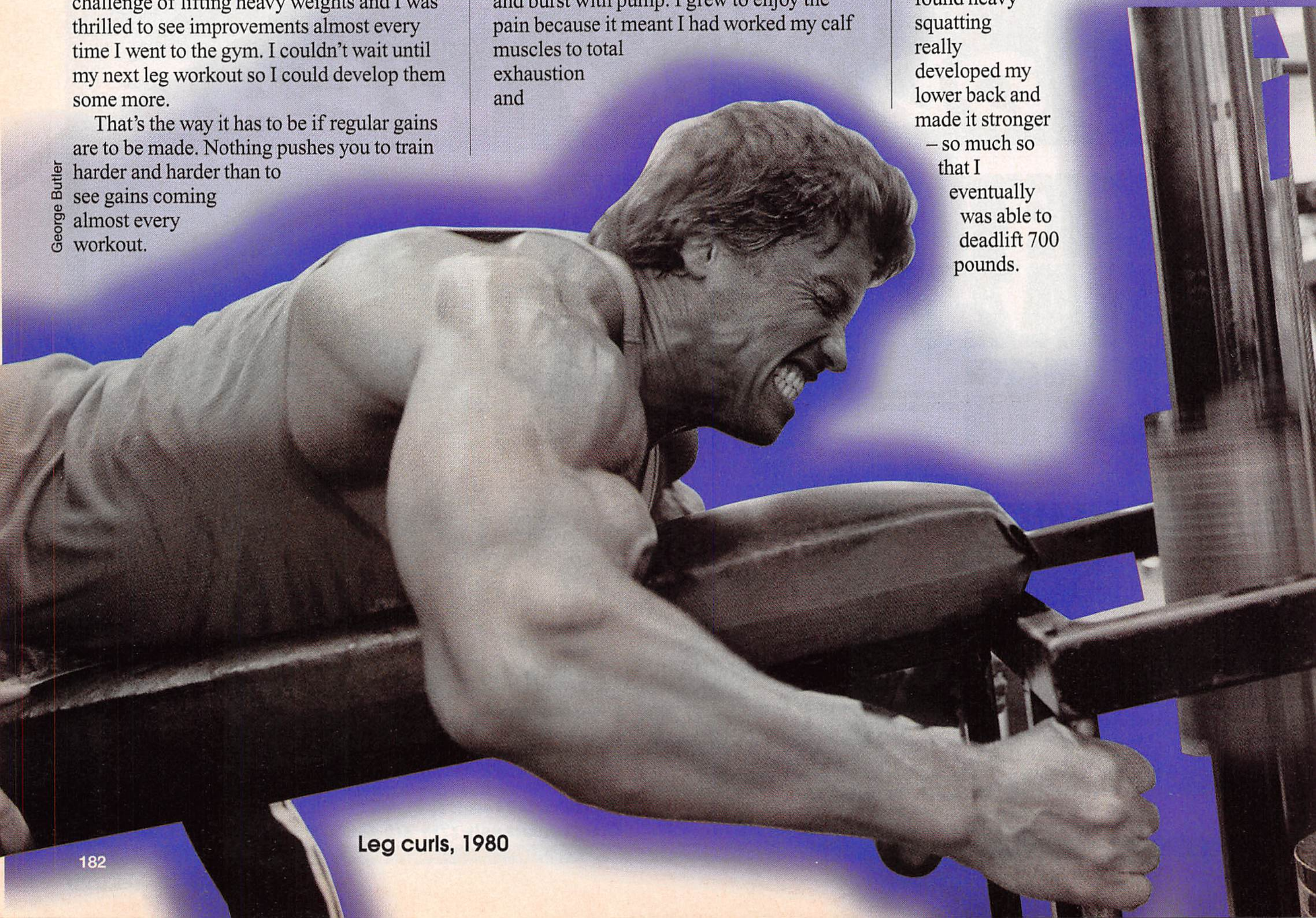
When I started training at Gold's, it was decided that the first half of the year would be devoted to bringing up the overall mass and size of my legs so they'd be more in proportion with my arms and upper body. The routine I followed was simple but grueling. It consisted of the following three exercises:

Parallel bench squats – *12 x 12 reps*
Leg extensions – *10 x 12 reps*
Leg curls – *10 x 12 reps*

I trained my calves during a separate workout that consisted of 10 sets of standing calf raises (working up to 1000 pounds for 12 reps) and 10 to 15 sets of donkey calf raises with up to three men on my back. These donkey calf raises were my favorite form of calf-training. As I tired and couldn't do any more full reps, one man would jump off. Refreshed by the reduction in weight, I would continue the set until I could barely raise my heels from the floor. Then the second man would jump off, and I would pump out a few reps on my own. These sets made my calves ache like crazy and burst with pump. I grew to enjoy the pain because it meant I had worked my calf muscles to total exhaustion and beyond. They responded immediately and soon became one of my better muscle groups.

One of the basic truths about leg-training is that you must squat if you have naturally skinny legs. Some bodybuilders say leg presses are just as good as squats, but in my book they are not. Hard work on the parallel squat is an absolute must if you are to develop legs that have size, mass, sweep and shape. The squat develops the entire leg, as well as the glutes and lower back. I found heavy squatting really developed my lower back and made it stronger – so much so that I eventually was able to deadlift 700 pounds.

**The injury eventually required surgery. This shot was taken after my knee operation in December 1972.**



Leg curls, 1980

George Butler

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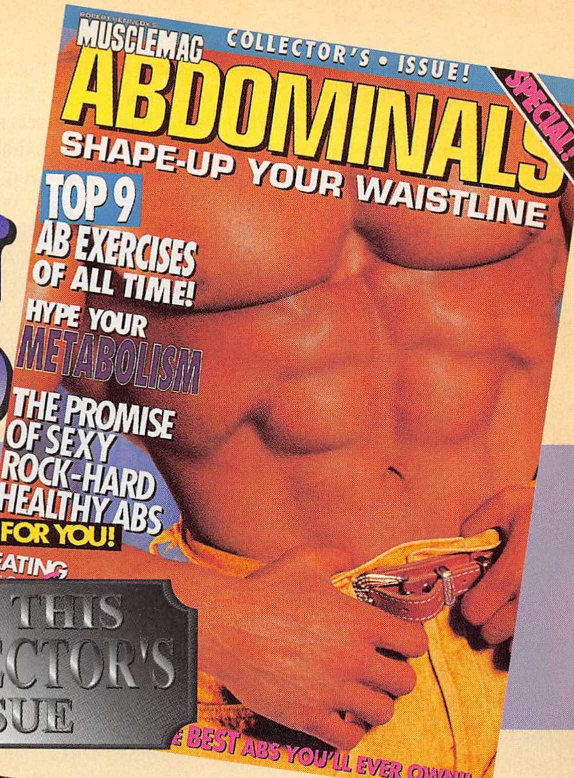
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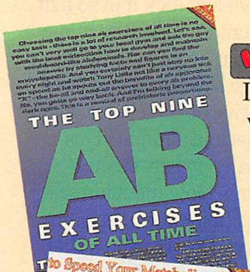
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OF ALL TIME

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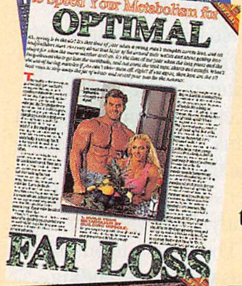
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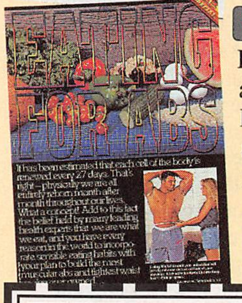
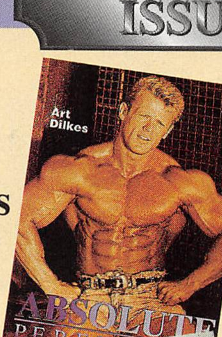

EATING FOR ABS

### ✓ Eating for ABS

Right now you could have awesome abs, but they don't show because you're keeping them hidden under a layer of adipose (fat). Don't let your food intake negate your workouts. Eating for abs is your key to an amazing, sexy waistline that will make your friends green with envy.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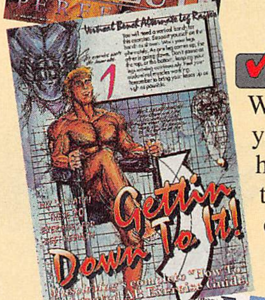
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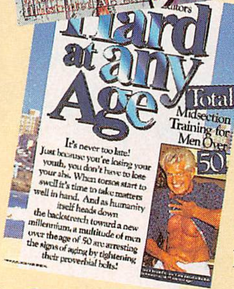
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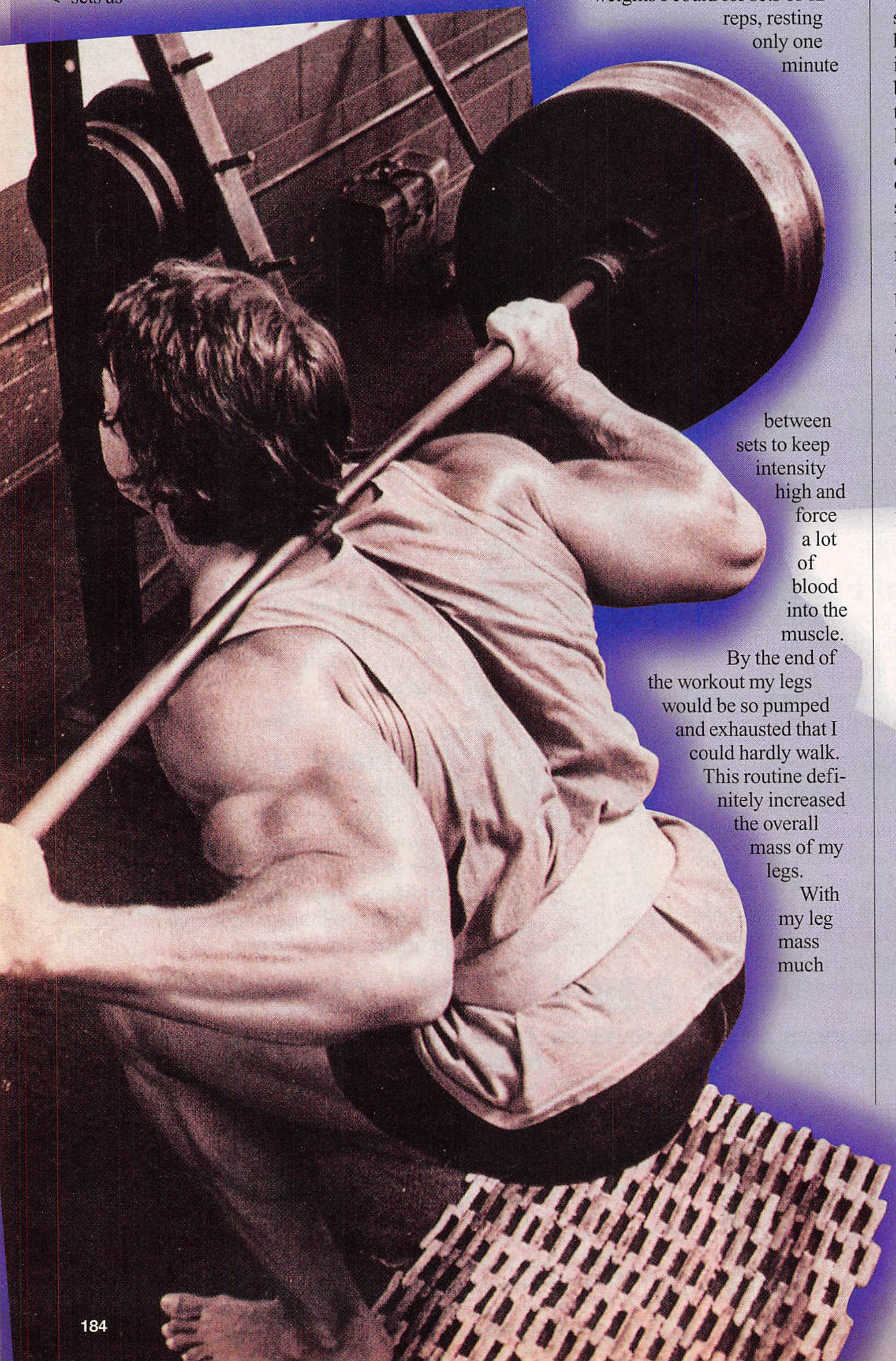
Squatting also promotes heavy breathing and expands the rib cage. It improves your wind, your endurance and your overall body strength. It stimulates your metabolism for better weight gain and fat loss. It's the hardest exercise you can do (which is why so many ignore it), but no other exercise benefits your physique in so many ways.

Full squats are harder on the knees and involve more hip and glute than parallel squats. I didn't want overdevelopment of those muscle groups so I squatted only to parallel. Sometimes I placed a low bench between my legs that stopped me just above parallel. I used the heaviest weights I could. I tried to do as many sets as possible with the maximum weight that allowed for 12 reps. On the last couple of sets my legs were so pumped and so exhausted that I actually had to lower the weight to keep getting 12 reps.

When you squat heavy you must have no fear. You have to work to the ultimate to get as many reps as are necessary to stimulate growth. Some people put on a weight they can do 12 reps with and do only 6. You have to put on a weight you can barely get 6 or 8 reps with – and somehow get 12. That's how you make your legs grow. It's a case of mind over matter.

On the leg curls and leg extensions I used the heaviest weights I could for sets of 12 reps, resting only one minute between sets to keep intensity high and force a lot of blood into the muscle. By the end of the workout my legs would be so pumped and exhausted that I could hardly walk. This routine definitely increased the overall mass of my legs. With my leg mass much improved, it was decided that I would follow a routine to continue making my legs bigger but also improve the overall shape and bring out more separation, cuts and definition. This routine consisted of the following exercises:



Art Zeller

Squats – *1 x 20 (warmup), 10, 8, 8, 6, 4-5*
Front squats – *1 x 15 (warmup), 5 x 10*
Leg curls – *1 x 20 (warmup), 8 x 12*
Vertical leg presses – *1 x 15 (warmup), 5 x 8-10*
Leg extensions – *5 x 12*
Leg curls – *2-3 x 12*

I did the squats on a 2″ x 4″ block of wood because I found it helped me to keep my balance better and maintain a more upright torso. I wore a weight belt for extra back support, but I wore knee wraps only on my heaviest sets. The key rule when squatting is to keep your head up and maintain a flat back and an arched lower back throughout the squatting motion. (By arched I mean the lower back is concave, not convex or rounded over.) Never allow your low back to round over as you squat or you risk injury to the spine. Rounding the back also stresses the lower back and glutes too much, thus negating thigh isolation.

Preset the lower-back arch at the top before you squat down and lock it in so that you maintain it throughout the entire range of motion. Place the bar on your shoulders after taking it from the squat rack and bend forward at the waist five or 10 degrees while keeping your back flat and straight. This technique automatically presets the necessary lower-back arch. Now maintain this same upper-body position during the complete squat, whether you are in the parallel squat position, halfway up or at the top. Do not rock your torso back and forth and up and down when you squat as if you were doing a good-morning exercise (leaning forward as you descend and coming upright as you ascend), as this practice puts tremendous pressure on the lower back.

You want to lower slowly to parallel like a spring coiling tightly. Take a huge breath before descending. Then explode out of the bottom and exhale as you are ascending. Do not bounce out of the bottom or you risk injury to the knees. As you drive the bar up, push your hips forward so that your thighs are directly under the weight. This is how to make them do most of the work. I see beginners ducking their heads down and leaning forward so much as they ascend that they look as if they are doing a good morning. This style promotes coming up glutes first, but all that does is build a big butt and a strong lower back. You'll never get good thighs squatting like that.

Front squats are one of the best exercises for the teardrop muscle above the thigh. Try holding the bar with your hands crossed over it instead of holding it on your shoulders with your wrists bent back. This is another exercise where elevating the heels on a block helps to maintain a more upright

**Learn to love the challenge of training legs.**

torso and isolate the lower thighs better.

I often used to superset the front squat with the leg press to get extra pump in my thighs. This combination forced a lot of blood into the thigh muscles and increased the rate of muscle growth. The leg press allowed me to use heavier weights in complete safety and with little stress to my spine or lower back. In turn I was able to use heavier weights on squats, which were my main thigh mass-builder.

Leg extensions are the best exercise for getting thigh definition and separation without losing any muscle size. They especially build the muscles around the knees, which is a hard area to develop for most people. You have to lift the weight with thigh power only. Do not swing it up and drop it suddenly. When you swing the weight up, momentum takes over so that muscle action is lost. Dropping it without resisting negates the effect of eccentric or negative resistance. You can use more weight with a loose style, but extensions are not a power exercise.

Your goal is pure muscle action and muscle isolation, so use more moderate weights and very strict form. Raise your legs as high as you can and hold at the top to contract the thigh muscles. Then lower the weight slowly and under control. Fight the weight all the way down. If you do extensions properly, your thighs should feel on fire by the final reps. Have your training partner help you with a couple of forced reps and negatives at the end of each set. Keep rest between sets to one minute at most. You want to train fast to bomb the thighs and force as much blood into them as possible for maximum pump.

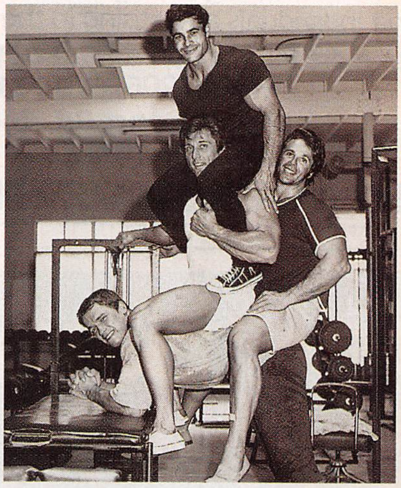
After each set of extensions do some stretching and flexing of the thighs to help bring out cuts and separation. Flexing and stretching help to keep the thighs under tension and increase overall workload.

Leg curls are for the leg biceps, which must be in balance with the quadriceps (the muscles on the front of your thighs). Small, underdeveloped leg biceps make your legs look thin from the side. Your glutes also look too big. The bigger you make your leg biceps, the smaller your glutes will look.

As with the leg extensions, my goal was pure leg-biceps muscle action – not to see how much weight I could swing up using my hips and lower back. You must keep your hips down and lift the weight with leg-biceps power only if the leg biceps are to grow. Raise the weight slowly and then pause to tense and squeeze the muscles. Lower slowly and under control to take advantage of negative resistance. If possible, have your training partner help you with a few extra forced reps at the end of each set.

Doing drop sets – having your training partner remove some weight or set the pin in the weight stack at a lighter weight – is also a fantastic way to train your leg biceps with extra intensity for improved pump. Again, keep rest between sets to no more than one minute. A fast training pace is better for pump and muscle exhaustion.

Calves must be developed to the maximum if you are to be considered as possessing good legs. They are one of the three key muscle groups of the body, along with abs and shoulders. To show you how important calves are, isn't it true that if you see a bodybuilder in a magazine or at a contest with big muscular thighs but poor calves you think, 'That guy has poor legs'? But if


Art Zeller

**A little help from my friends... donkey calf raises with some added weight via Frank Zane, Franco Columbu and Pete Caputo.**

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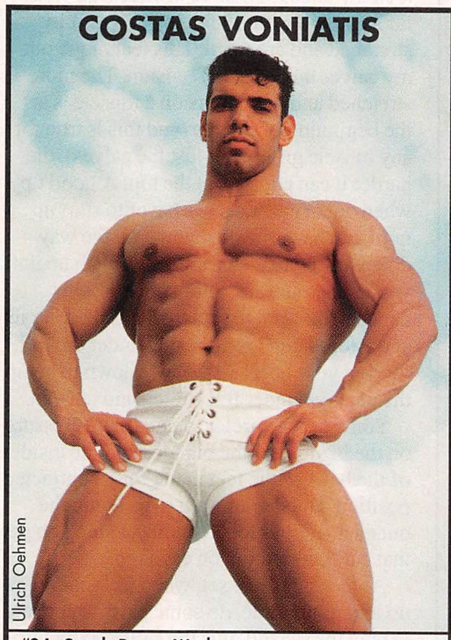
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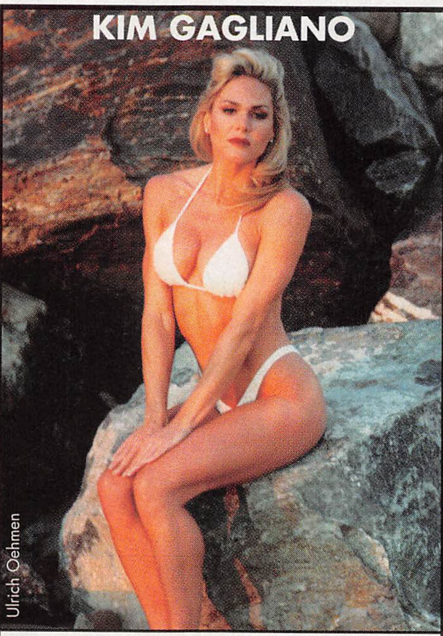
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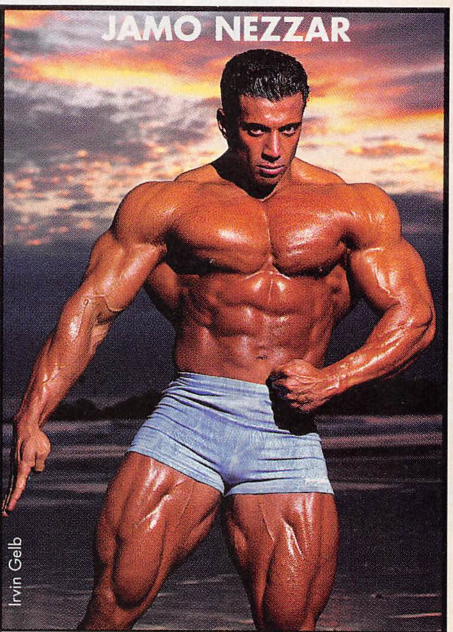
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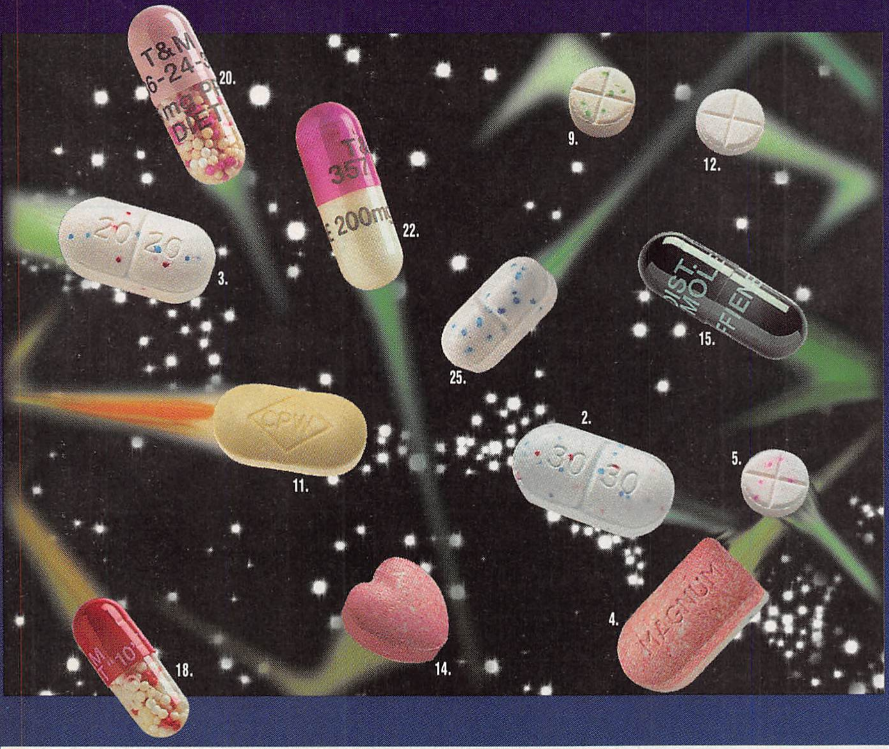

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you see someone with fantastic calves you think, 'That guy has good legs' – no matter whether his thighs are developed or not. We have all seen people who are obviously not bodybuilders or athletes, who have fantastic, huge, diamond-shaped calves but average-looking thighs. It's a genetic gift, yet even when the person has thighs like a stork's legs, you can't help being impressed. That's the positive impression that great calf development has on people in general – including judges.

I have learned that to develop super calves you have to use heavy weights, very high intensity, and good exercise form – i.e. pure muscle action and a full range of motion. You see guys at the gym using the whole weight stack on calf raises, bouncing up and down within a tiny range of motion, but unless you are genetically gifted you will never develop good calves this way. Some guys bend their knees and use a limited range of motion to handle more weight, but this method does not develop the calf muscles either.

It's easy to cheat when doing calf raises. You have to be careful. You can make the muscle burn by cheating, but you do not necessarily get muscle growth. On presses and curls you can do less-than-full reps and still get decent results, but calves are the one muscle that require full reps and very strict form all the time. Cheating on calves only cheats you out of results.

On standing calf raises I always liked to lock my knees and drive my heels down as far as possible until I felt my calves fully stretched and cramped. This technique put my calves under lots of tension. The more stretched and under tension a muscle is at the beginning of the rep (and this is true for any muscle group, not just the calves), the harder it can contract at the top. A good tip when doing calf raises is never to start up until you have finished going all the way down. Using calf strength only, push up until you're on your toes, almost like a ballet dancer. You want to feel that muscle contract at the top. Then lower slowly under control, forcing your heels all the way down to begin the next rep under full stretch and tension.

Some people prefer to put all the pressure on the big toes or the big toes and the insides of the balls of the feet in the fully contracted position. You do not want to roll onto the outsides of your feet. Just make sure you get that calf contraction on each rep.

At the end of the set, when full reps are no longer possible, do some partial reps to extend the set and give the calves extra burn and pump. Do at least 5 sets of 12 to 20 reps. If your calves are particularly underdeveloped, do 8 to 10 sets.

The donkey calf raise was my favorite calf exercise because the calves were naturally under tension from the start of the movement. When you lock your knees and bend at the waist, the hamstring muscles – which attach beneath the gastrocnemius muscles below the knees – stretch hard, pulling the calves up and putting them under stretch and tension. You instantly feel a very strong stretch in the calves even in the top position. Lowering the heels far down dramatically increases the stretch on the calves even more. (Make sure you stand on a calf block 4 to 6 inches high for maximum stretch.) This practice allows you to overload the calves and cause muscle growth on even the most stubborn calf muscles. Just focus on a full range of motion and do each set until you cannot perform another rep. Your calves will respond.

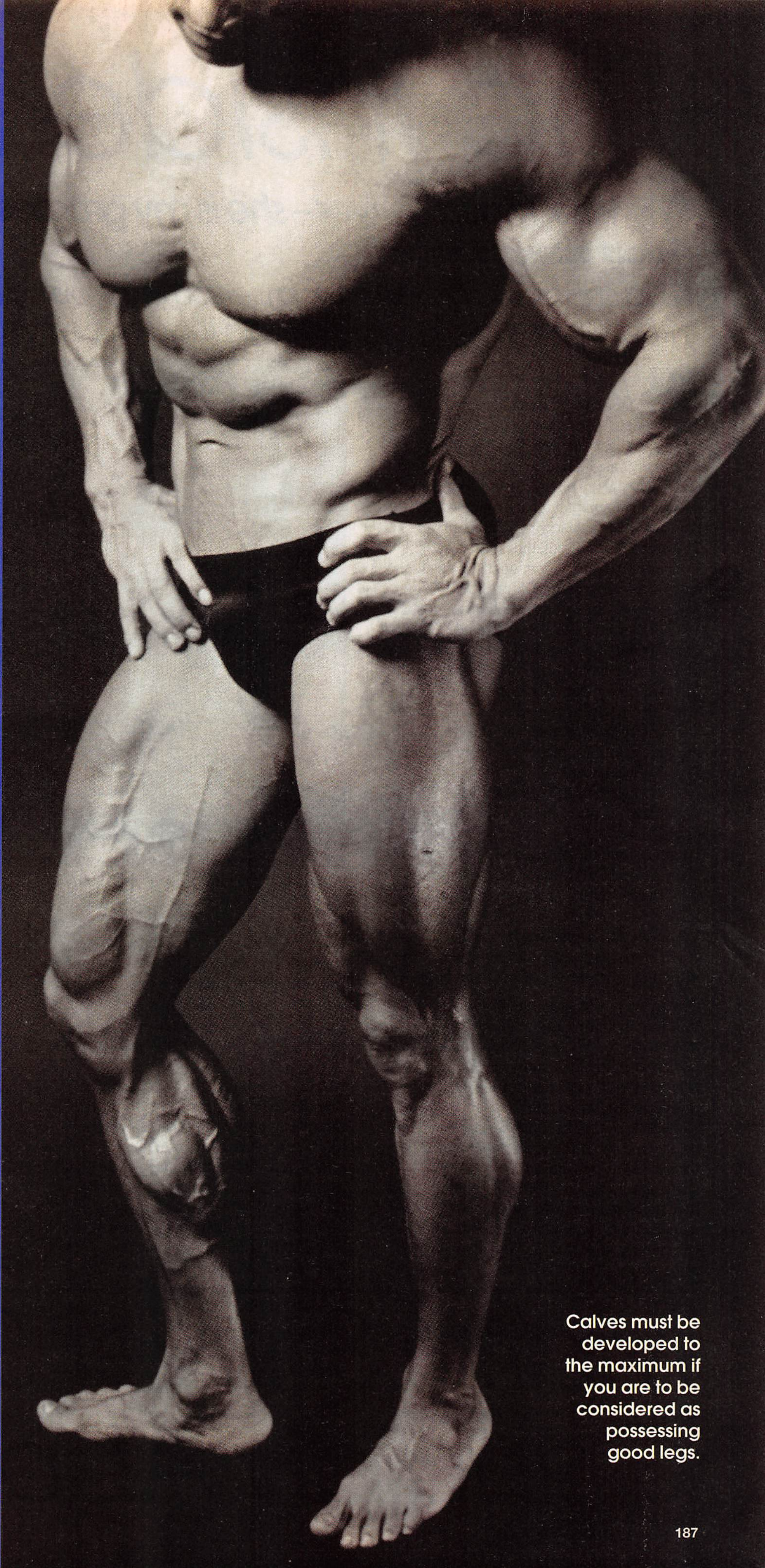
Remember, you walk on your calves every day, so train them every day for best results. If they feel sluggish or underrecovered between workouts, take an extra day off. Let your body tell you when you need that extra day off and when you need to bomb your calves extra hard.

## CONCLUSION

Some people are genetically gifted with good legs. They were born with naturally long, full calves and thigh muscles that respond to moderate-intensity training with light poundages. Most of us are not that fortunate. We have to work like hell to get every fraction of an inch on our calves and thighs. To force the legs to respond, you have to lift the heaviest poundages, use a full range of motion, and take each set until you feel as though your heart is going to stop and your lungs are going to burst. Leg muscles are the hardest to train, and the most demanding, but they are also the most satisfying because they're such a challenge. When you finish a truly heavy, intense leg workout, you feel as though you have just climbed your own Mount Everest. You're on top of the world. You feel pride because you have beaten back pain and taken control of your own body. While your mind was screaming out "Stop!" you ignored the ache in your legs and kept going. This is the only way to force them to respond and grow.

My advice is never to neglect your legs as I did early in my career because it takes years of hard work to bring them into proportion with the rest of your body. Don't let this happen to you. Train your legs with as much passion and enthusiasm as your arms or upper body. Learn to love the challenge of training legs. Don't give up on them. Blast them with everything you have.

If you can master leg-training, not only can you control your own body and create the kind of physique you want, but you can also master anything in life, overcome any adversity, and be a successful person both in and out of the gym. I mean, you can do anything! Anything you will, anything you set your heart on, you can achieve with confidence because of your mastery over your mind and your body. That's a good feeling to have. I can assure you of that. **AS**



Calves must be developed to the maximum if you are to be considered as possessing good legs.

George Butler

# The Inside Story

## "My wife, Maria Shriver – she is my greatest accomplishment."

**– Arnold Schwarzenegger**

*It is said that you never know a person until you have lived with him. If this is true, who better to reveal Arnold than his beloved wife, Maria?*

Behind every great man stands a great woman – or so the saying goes. In Arnold Schwarzenegger's case this is absolutely true. As extraordinary as Arnold and his vast array of successes are, the one accomplishment that means more to him than any other is marrying Maria Shriver. Top broadcast journalist for NBC, half-Kennedy (America's version of royalty) and niece of legendary US president John F. Kennedy, Maria met Arnold on August 28, 1977 at the annual Robert F. Kennedy Tennis Tournament in Forest Hills, New York. From that point on their lives changed forever. The two started dating and soon fell in love. After an eight-year courtship, Maria Shriver and Arnold Schwarzenegger were wed at the Church of St. Francis Xavier in Hyannis Port, Massachusetts.

Nobody knows the Austrian Oak quite like Maria Shriver. She's been with Arnold, as girlfriend, wife and mother of his three children, for almost 20 years. Maria has always stood by Arnold through thick and thin, supporting him every step of the way. In this exclusive interview Maria offers extraordinary insight into her husband – the man who is poised to become one of the most important people of our generation.

**MMI: Were you interested in bodybuilding or bodybuilders before Arnold?**

**MARIA:** No, not at all. Bodybuilding was not a part of my life in any way.

**MMI: Were you aware of the sport of bodybuilding or Arnold?**

**MARIA:** Not until someone had given my brother a copy of the book *Pumping Iron* for his birthday in the spring of 1977. I remember looking at the book with him and then going to see the documentary *Pumping Iron* later that same year. Arnold and I met two months after that, in August of 1977, at the annual Robert F. Kennedy Celebrity Tennis Tournament in Forest Hills, New York. Arnold had been invited to play there by my aunt Ethel. My whole family was there. We went every year. Arnold was introduced to me by NBC reporter Tom Brokaw, a friend of mine who also knew Arnold from California. Tom said, "You two should meet. You have very similar senses of humor and I think you would like each other."

Art Zeller

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**MMI: What was your initial impression of Arnold?**

**MARIA:** I thought he was terrific. I thought he had a great sense of humor. I thought he was really fun and I was definitely attracted to him immediately. He was completely different from anybody I had ever met before. He was so fun-loving, funny and didn't take all of the things that seemed to be going on too seriously, which was kind of more up my alley. As I got to know him I found him to be incredibly bright and very thoughtful. He came from a world and had had experiences that were far different from my own. I thought he would be a challenging person to spend time with.

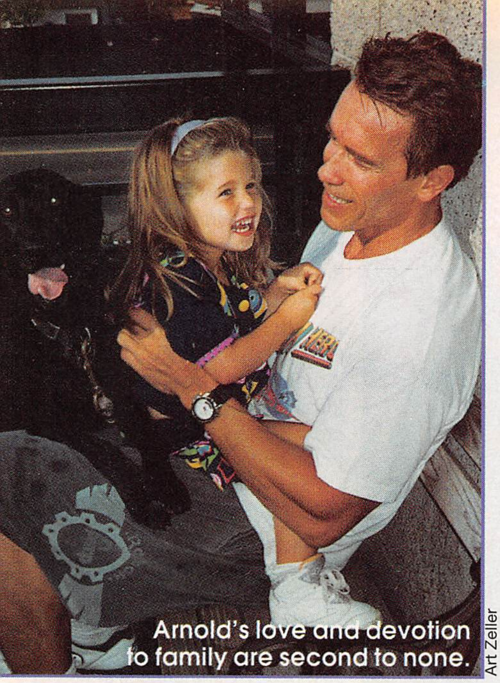
**MMI: Could you foresee his potential as a megastar back then?**

**MARIA:** Definitely. One of the reasons I was attracted to him was that he had such clear visions of where he wanted to go. He wasn't somebody who wanted to work in his father's business or follow professions that had been in the family for x number of years. That was the case with a lot of people I knew. Arnold had big plans for himself. He visualized where he could go and I totally believed in him. I believed he would accomplish those goals which he had set his sights on. I firmly believed that this was somebody who was very different from anybody else.

Layout by Wil McKeown

# Maria Shriver Speaks Candidly About Her

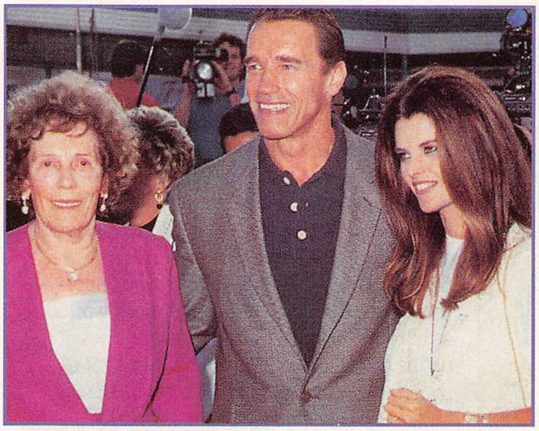
# EXCLUSIVE INTERVIEW



Arnold's love and devotion to family are second to none.

Art Zeller

Arnold was a person who truly and wholeheartedly believed in himself. I remember telling my friends and my parents, "Arnold's going to do this and he's going to do that, etc." and everyone would look at me like, 'Yeah, okay, Maria… Have you lost your mind?' But I totally believed in him. Absolutely.



The two most important women in Arnold's life – his mother, Aurelia, and Maria.

**MMI: What do you think is his secret to success?**

**MARIA:** Determination. He's the most determined, disciplined person I have ever met. He doesn't let obstacles get in the way. He doesn't get bogged down with what people think or with what is the right way to do things. He decides what he wants to do – what would be good for him, and now, in a larger sense, what's good for his family – and just goes about setting his mind and doing it. He's unrelenting. If Arnold suffers setbacks, he doesn't get defeated. I think a lot of people have an idea of where they want to go, but something happens and it doesn't work out. Then they go, "Okay, well, it wasn't meant to be." But not Arnold. He never gets sidetracked. He's very motivating to himself and to the people around him. He can be tough on others, but he's far tougher on himself. Arnold wants his life to make a difference in everything he touches.

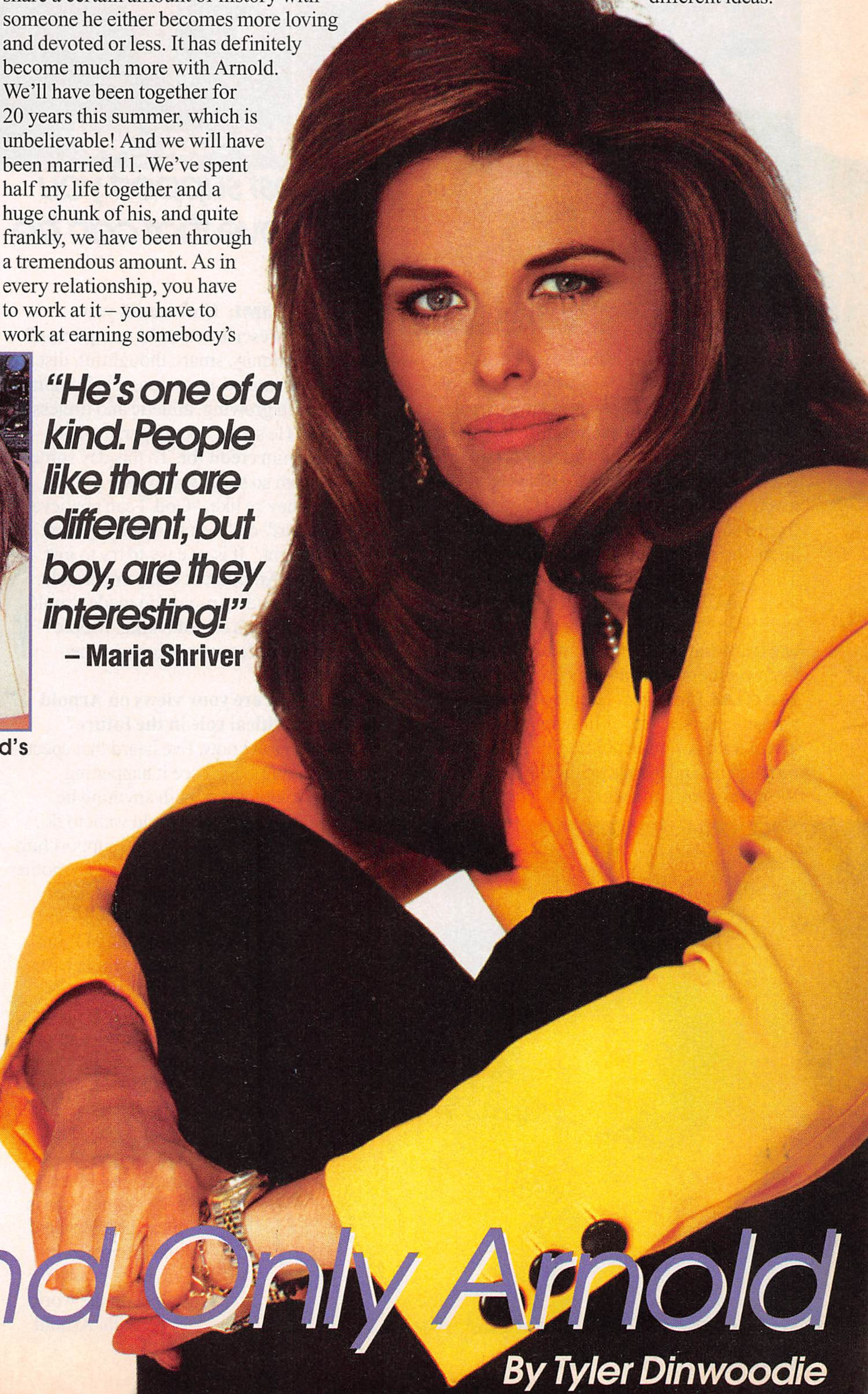
**MMI: During my interview with Arnold on the set of *Eraser,* his love and devotion to you and your children were very obvious. Could you see the extent of his devotion when you first met or was this somewhat a surprise, even to you?**

**MARIA:** One hopes that that will be the end result. You never know for sure until you spend a lot of time with someone and go through experiences. I think after you share a certain amount of history with someone he either becomes more loving and devoted or less. It has definitely become much more with Arnold. We'll have been together for 20 years this summer, which is unbelievable! And we will have been married 11. We've spent half my life together and a huge chunk of his, and quite frankly, we have been through a tremendous amount. As in every relationship, you have to work at it – you have to work at earning somebody's love, devotion and respect – and at keeping it too.

**MMI: What do you find most appealing about Arnold?**

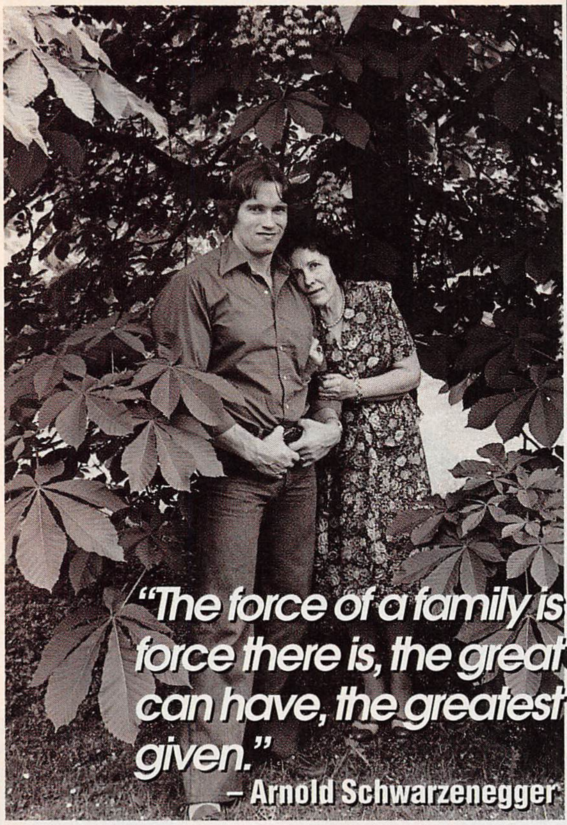
**MARIA:** I love his sense of humor. He's an extraordinary father, so I find that incredibly appealing and attractive. He likes to live life in a very full way, and likes to get the most out of every day. I really enjoy somebody who is that jazzed about life and who is willing to try different ideas.

> *"He's one of a kind. People like that are different, but boy, are they interesting!"*
> **– Maria Shriver**



# One and Only Arnold

**By Tyler Dinwoodie**



George Butler

The Schwarzeneggers – mother and son.

> "The force of a family is the strongest force there is, the greatest support you can have, the greatest love that can be given."
> – Arnold Schwarzenegger

He always makes big efforts over occasions like our birthdays and he always tries to do things that are special to me. I think people would be really surprised or intrigued to learn that he is incredibly romantic, sweet, generous and kind at home. He's very attentive to his kids and his family. He comes from a strong family unit and is adamant about the concepts of family and loyalty. That's another thing that really impresses me about him. He's very loyal to people who have been there with him for a long time.

**MMI: What is the most common point of disagreement – humorous or otherwise?**

**MARIA:** Like every couple we have disagreements over lots of little matters. There is no common point of disagreement between us. It depends on the day (laughs). We always work them out.

**MMI: How would you describe Arnold as a person?**

**MARIA:** Funny, smart, thoughtful, disciplined, determined, conscious, challenging, interested in growing, athletic and tirelessly energetic. He's a far deeper person than most give him credit for. To this day some people seem so surprised, which I can't believe. They're like, "God, I can't believe he's so smart" or "He's so much different than I thought." It is so easy to try to just stereo-type Arnold, but that's impossible. When God made Arnold, He made a mold and broke it. He's one of a kind. People like that are different, but boy, are they interesting!

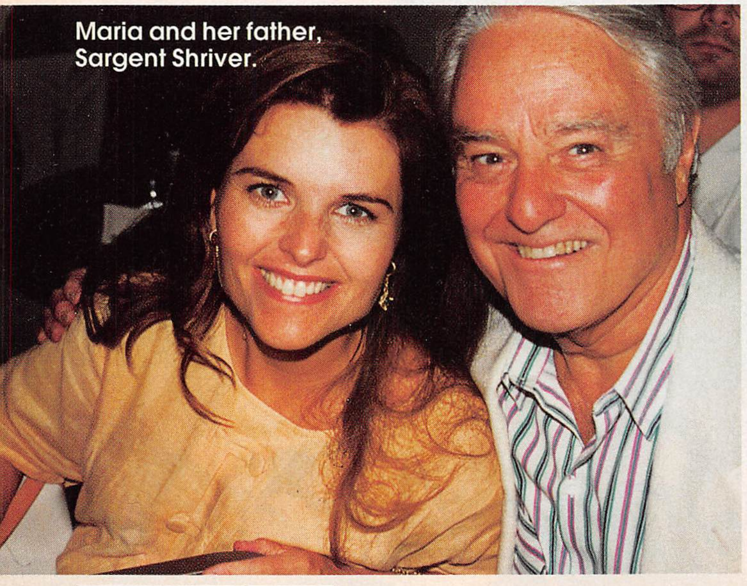
**MMI: What are your views on Arnold taking a political role in the future?**

**MARIA:** You know, I've heard that speculated a lot, but I don't see it happening myself. Obviously, as with anything he would want to do, I would support him 100 percent. Another aspect I admire about Arnold and something I think many people have seen through his work – first on the President's Council on Physical Fitness and Sports, now with the Governor's Council, Special Olympics International and Inner-City Games – he is incredibly devoted and interested in having a positive effect on the world we live in. Arnold has worked tirelessly for the kids in the inner cities. He has visited all 50 states, drumming up support for children's physical fitness. He sponsors lots of physical education teachers. In the district where we lives he goes out and does fundraising for different schools to get physical education teachers. Arnold firmly believes that if kids are involved in sports they are much less likely to get involved in drugs or alcohol.

Bottom line is that he has a great social conscience. A lot of times people think, 'My God! He's a Republican and you're a Democrat. You must be completely opposite.' But Arnold has a great social conscience. Just because someone is a Republican doesn't mean he doesn't care about people. You have to understand where Arnold came from – the kind of government that was in Austria at the time. When he came over to America he had specific ideas about big government and the role of government. But that didn't mean he wasn't concerned about working people. He comes from a working family, and even though he has achieved great success, he still considers himself a working person. He takes great pains to identify himself that way. He'll never be a country-club person (and I don't mean that in a derogatory way to country-club people). Because he is from the working masses, he has an outlook and a concern for people who are holding down two jobs trying to raise a family, or who do not have the same opportunities as, perhaps, our kids. Arnold works as hard on this side of his life as he does on his movie career – if not harder. That is something that I think is not often realized, and is one of the many qualities I really admire about Arnold.

**MMI: With Arnold being such a staunch Republican and you coming from one of the most renowned Democratic families in history, how do your political views differ?**

**MARIA:** He's not a staunch Republican. Frankly, that's an easy idea to buy into – "Arnold's a staunch Republican, and you're a staunch Democrat. Isn't that just horrible!" Yes, I'm from an incredibly prominent Democratic family, but I like to kid Arnold that he is actually a conservative Democrat or a liberal Republican. There are many areas in which Republicans can be seen working for Clinton – many Democrats and Republicans get along. We may not get along on *every* issue and we may not see eye to eye on everything, but I don't see eye to eye with a lot of Democrats on every issue. That's the very nature of politics, morals and religion. People have very firm points of view. A big plus about it is that one learns to understand other points of view. I've learned a tremendous amount from Arnold about how Europe functions, what it's like growing up with an



Maria and her father, Sargent Shriver.

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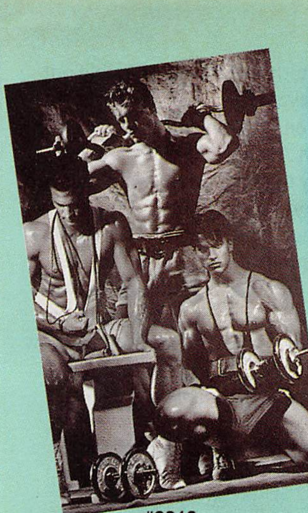
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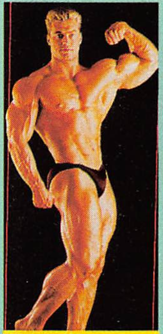
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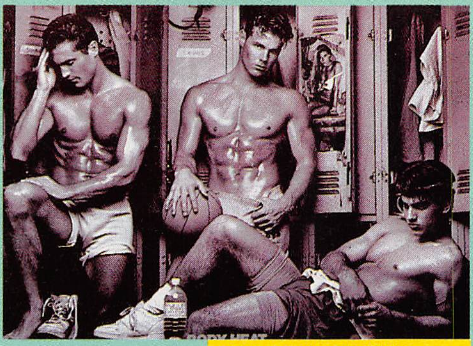
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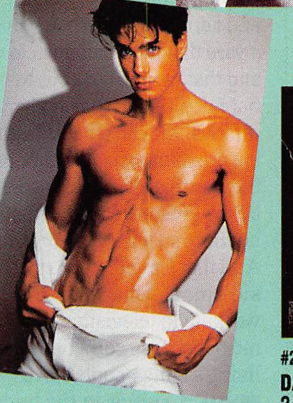
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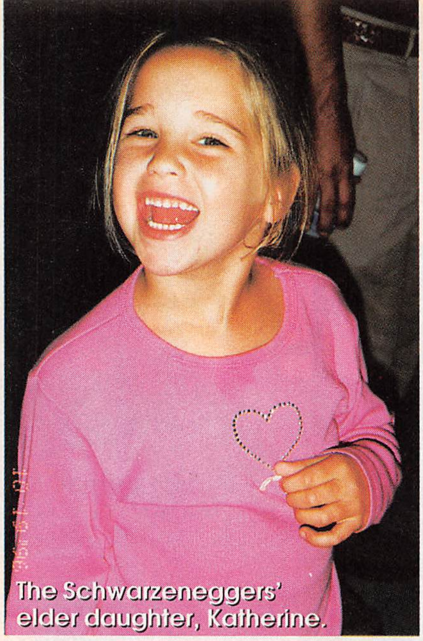

The Schwarzeneggers' elder daughter, Katherine.

Austrian Socialist government. I don't think I'll ever be able to get him to register as a Democrat, but he votes for the man or the woman that he likes and believes in. He's not so one-sided or one-dimensional to think that, 'Oh, this person's a Republican. I'm only going to vote for him and not the Democrat.' In California we have all kinds of issues where I know his vote is similar to the voting of many Democrats. People don't vote party the way they used to, as they did when I was growing up. I think much too much has been made about this Republican/Democrat thing. We are both people who are interested in this country, and dedicated to this country. We believe in the political process and we believe in the system. We may have different ideas from time to time regarding what's right and what's wrong, but we're both committed to making America a good place to live.

**MMI: What does your family think of Arnold?**

**MARIA:** They love Arnold! They think he's terrific. He's been very active in the Special Olympics *[Ed: Special Olympics International was founded by Maria's mother, Eunice Kennedy]* and other programs my family's concerned with. My father adores him, and if you ask Arnold who is one of the people he most likes to spend time with, he'll tell you my dad. They are smart enough to know where he came from and why he thinks the way he does. Just because people have differing opinions from yours or come from different places or look different from you, is no reason to not get along with them, to learn from them, or to be married to them.

"Yes, it was love at first sight."
– Arnold Schwarzenegger

**MMI: How do your children react to seeing their dad on the big screen and their mom on television?**

**MARIA:** It's not really a part of their lives. They hear about it more from other kids at school, but we're very careful. They are not photographed, and they don't come to public events. That's very important to me. Since I was in a public family, I've been adamant about keeping them private so that they can enjoy a very regular life. They love and admire their father. I'm sure they're aware that their dad goes to work in movies and that their mom goes to work at NBC, but I don't think they realize that their dad is famous. Maybe it's just beginning now, but the most important thing I try to explain to them is that every child considers his dad to be the greatest dad, and that his dad is no more special than any other kid's dad. And that I'm no more special than any other kid's mom. I may make my living through working in television, but that doesn't make me better than someone who makes her living saving people's lives, for instance.

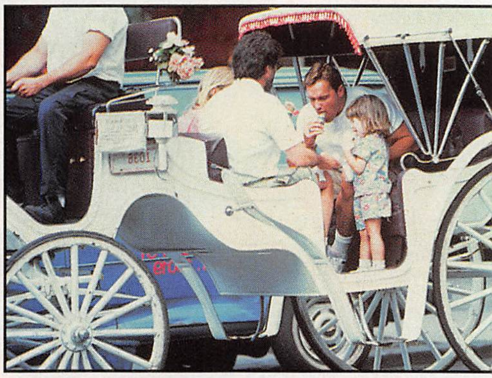
Partying with daughter Katherine at Grandma Schwarzenegger's birthday celebration in Austria.

**MMI: A rumor in the bodybuilding world about Arnold is that he has such boundless energy that he never sleeps more than five hours each night. Is this true?**

**MARIA:** Yes. He doesn't. He hardly sleeps at all. I'm living proof of the exhaustion of it (laughs). He's just very disciplined and gets a lot done. Certain people need more sleep than others. Arnold just doesn't seem to need more than five hours' sleep. He gets by and he paces himself well. He takes good care of himself.

**MMI: How do you cope with balancing two outrageously busy and successful careers and raising a family?**

**MARIA:** It's definitely a challenge, but every woman and man I talk to, and most people I know, are trying to balance dual careers and numerous responsibilities. I try to keep the family as much as possible out of the public eye. I have cut back a tremendous amount on my own career to raise our children. Both Arnold and I have made concessions to try to make sure our children are the most important part of lives. Somehow you just manage. It is not easy. I don't know anyone who thinks it's easy. If somebody says it's easy, there's something he knows that I don't. You have to do the best you can. Most important, your children need to know that no matter what, they come first. Then you have to find a job and a boss who is sensitive to that.


Arnold is an incredible father who always makes time for his family.

**MMI: Do you and Arnold ever wish for a more private life?**

**MARIA:** Everybody has wishes, but for us to complain in any way about our life would be wrong. We are both very happy. We feel blessed and we're very grateful for the life we are leading. God has given us three healthy children and that's what matters most.

**MMI: Which one of all your husband's films is your favorite?**

**MARIA:** I loved *Twins.* I really liked *Junior* and *Jingle All The Way* too. I liked *True Lies* a lot. It's hard for me to pick one favorite film. I like *Terminator 2.* But all said and done, I like *Twins* the best.

**MMI: What would you like the future to hold in store for Maria Shriver and Arnold Schwarzenegger?**

**MARIA:** That we grow old happy and healthy together! AS

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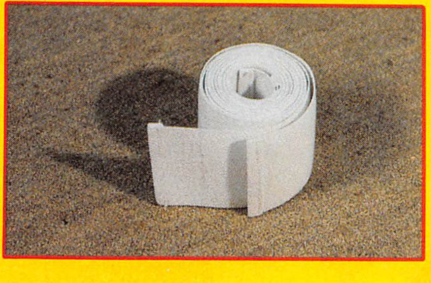

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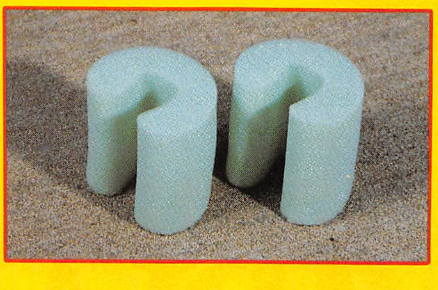

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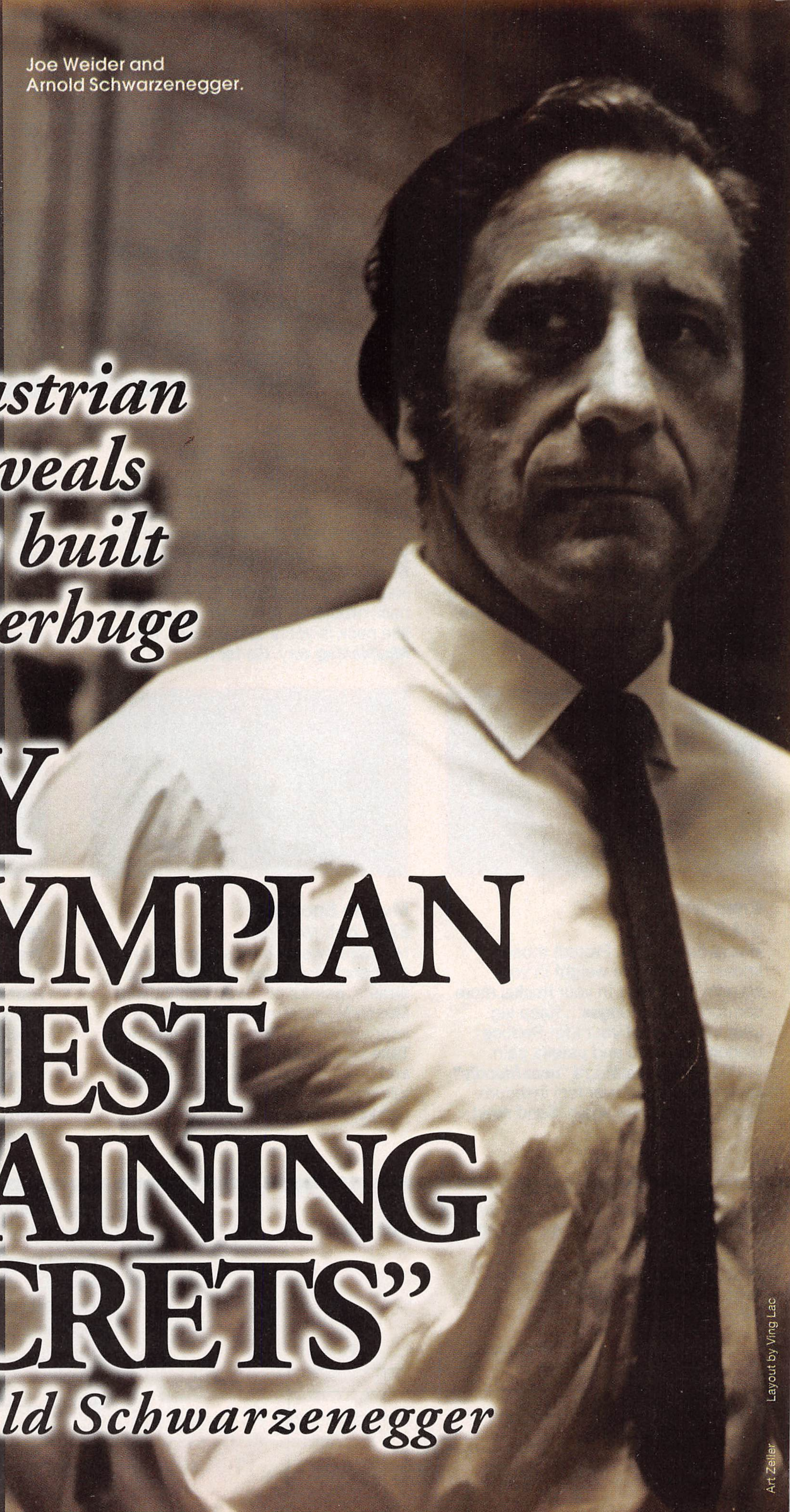


Joe Weider and Arnold Schwarzenegger.

*The Austrian Oak reveals how he built his superhuge chest*

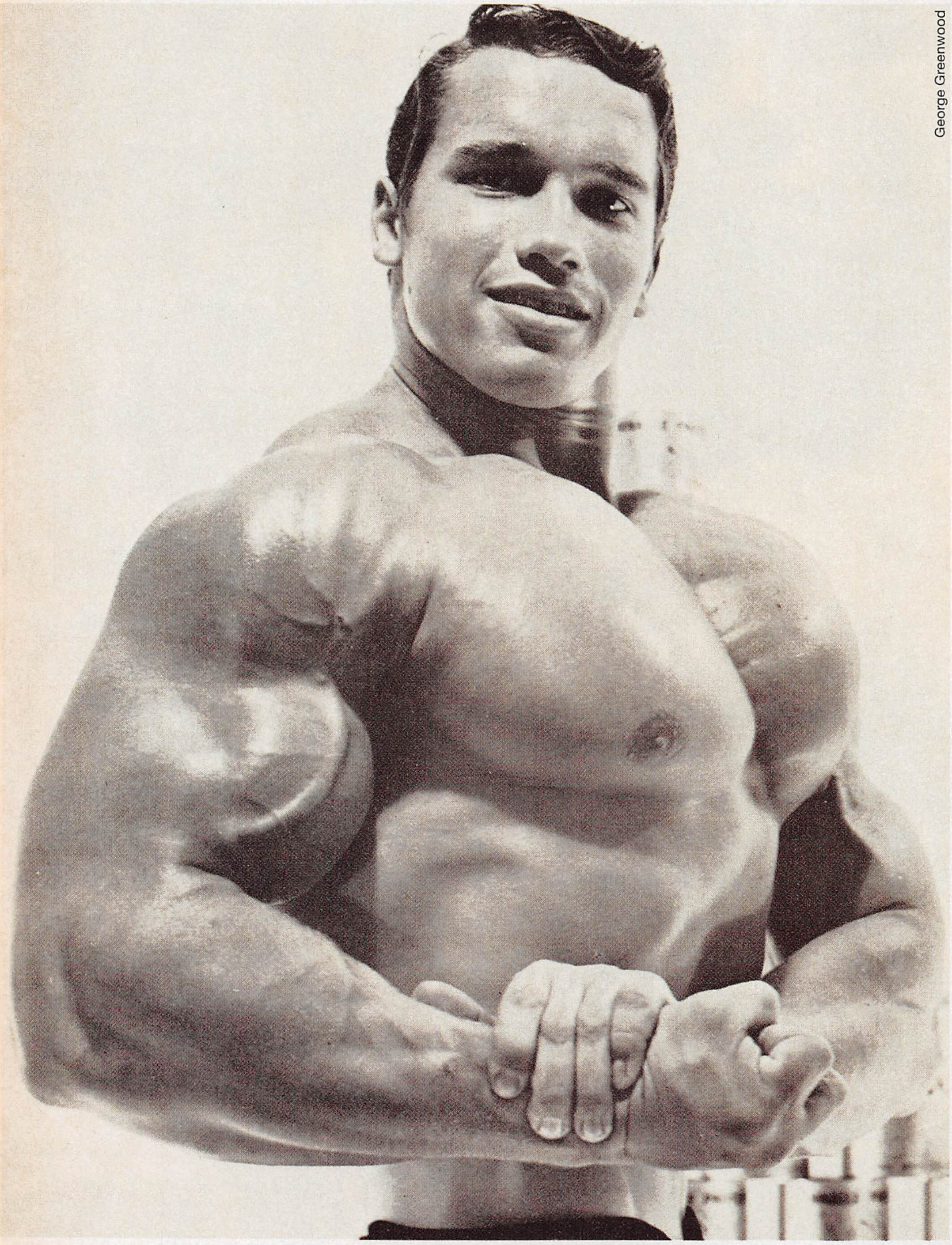
# "MY OLYMPIAN CHEST TRAINING SECRETS"

### *By Arnold Schwarzenegger*

Art Zeller

Layout by Ving Lac

*During my competitive days my chest was one of my best bodyparts. People always told me how impressed they were with the size, thickness and fullness of my pectorals. They probably thought I always had a huge chest. It wasn't so.*



George Greenwood

**The photograph that made headlines around the world. Even at the age of 20, Arnold's chest was phenomenal!**

When I started training, my pecs were thin and my rib cage was small. My chest later became one of my best muscle groups only because I made it that way. Long before I began competing I decided that was the kind of chest I wanted. My chest development was the realization of a planned goal and the result of years of hard work and commitment.

I realized early in life the importance of visualization and of setting goals. You visualize how you want something to be, then set a goal to achieve it. You devise a plan to reach that goal, and then work like hell to get there, no matter what obstacles stand in the way. That was the story of my chest development. In fact, my entire physique and all my physique titles were the result of visualization and goal-setting.

Desire and passion are absolutely vital if you are to achieve your bodybuilding goals – indeed, any goal, be it in business, education, love, personal development or career. I can honestly tell you this: If you truly love bodybuilding for its own sake – without any strings attached – you have already taken the first big step toward becoming a champion. If you love to train, to be in the gym, and to live the bodybuilding lifestyle, you have a huge advantage over the person who lacks such passion.

On the other hand, you should not let your bodybuilding goals totally dominate your life. Yes, go to the gym, train hard and with as much enthusiasm as you can, but then get out of there and focus on the other parts of your life. Do not neglect your education, your social life, your family or your personality and personal development. Be well rounded. You can have it all if you want it all badly enough. I have proof of that.

My first bodybuilding idol was three-time Mr. Universe Reg Park. He had a huge rib cage and enormously thick, fully developed pectorals. They were so massive! When I saw magazine photographs of him doing a side chest pose, I knew I *had* to one day have a chest like his. Notice I did not say I *wanted* to have to have a chest like Reg's. No. I *had* to have a chest like his. I needed to have a chest like his. I lusted for it – and I was willing to do whatever it took to develop such a chest.

I read all I could about Reg's chest-training. I cut out photos of him and put them on my bedroom wall. I visualized my chest becoming like his. I'd lie in bed thinking about it every night before going to sleep. I dreamt about it. Every rep of every set brought me closer to the goal. I could feel it every time I trained. Every chest workout was bringing me that much nearer to having a massive chest like Reg Park's. That awareness kept my enthusiasm high and my attitude positive.

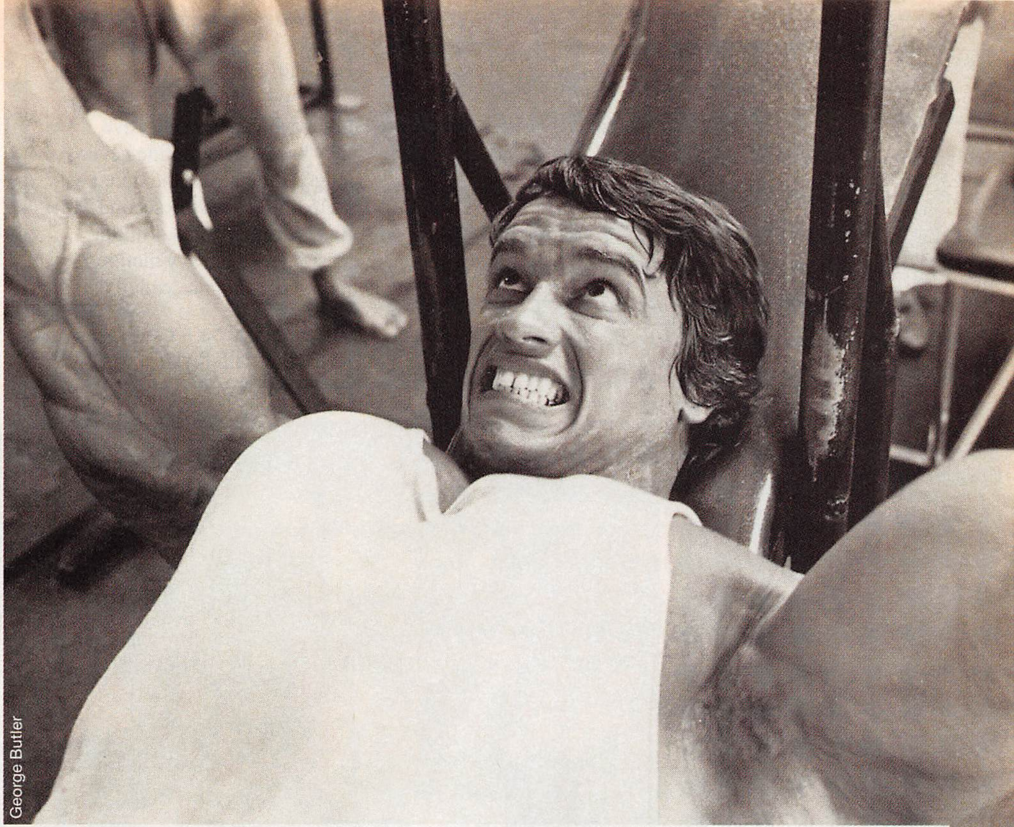
I like training chest with basic compound movements – bench presses, incline presses, dips and pullovers – that allow me to use heavy weights. These were the type of exercises that Reg Park used mostly in his chest routine, so naturally I followed his example.

I realized early in my career that to have complete chest development with pecs that were massive, thick and fully developed in every section, I had to do a variety of exercises that worked the upper, middle, lower, inner and outer areas of the pecs. You cannot achieve full pec development with a single exercise.

I also had to do lots of pullovers to enlarge and expand the rib cage. A shallow rib cage makes your torso look thin. The rib cage lends size to the entire upper body because you actually enlarge the skeletal structure and "pull out" the sternum or chest bone when you do pullovers. A large rib cage lays a foundation on which to build a massive chest, wide shoulders and upper-body depth. I always included pullovers in my routine. Many people argued that pullovers do not expand the rib cage, but I greatly increased both the size of my rib cage and my overall chest expansion through doing them. Pullovers also develop the serratus, those finger-like muscles which frame the chest – a must for any competitive bodybuilder.

The first chest routine I followed when training in Austria, and later when I moved to Munich, Germany, consisted of the following:

Bench presses – *5 x 6-10 reps*
Incline barbell presses – *5 x 6-10 reps*
Flat dumbell flyes – *5 x 6-10 reps*


George Butler

Art Zeller

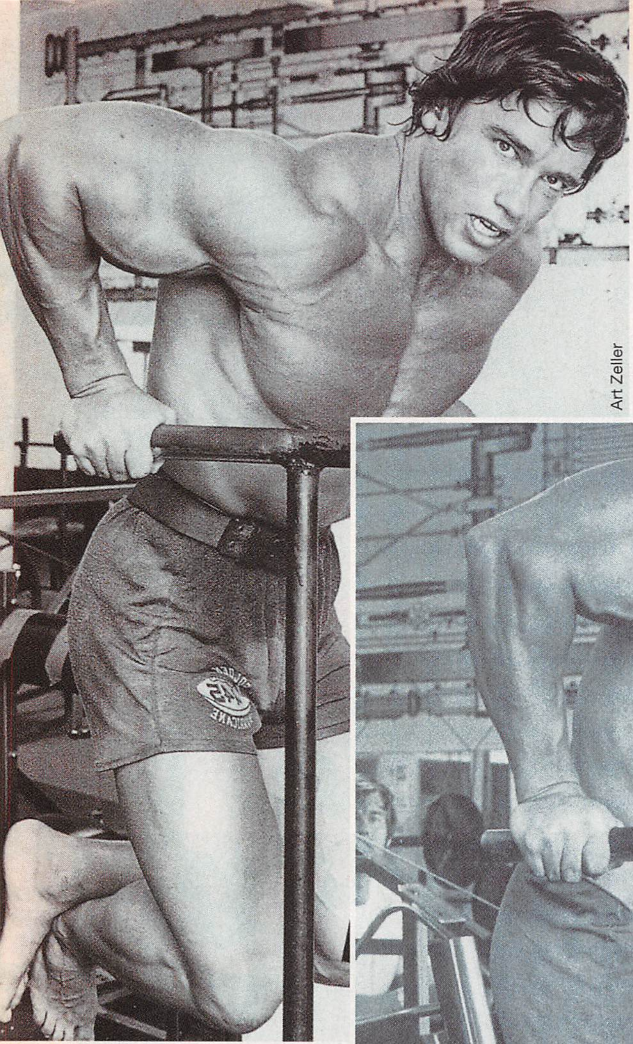
**Note the superintensity Arnold uses in the incline bench press.**

Weighted dips – *5 x 6-10 reps*
Barbell bent-arm pullovers and/or…
Straight-arm cross-bench dumbell pullovers *– 5 x 6-10 reps*

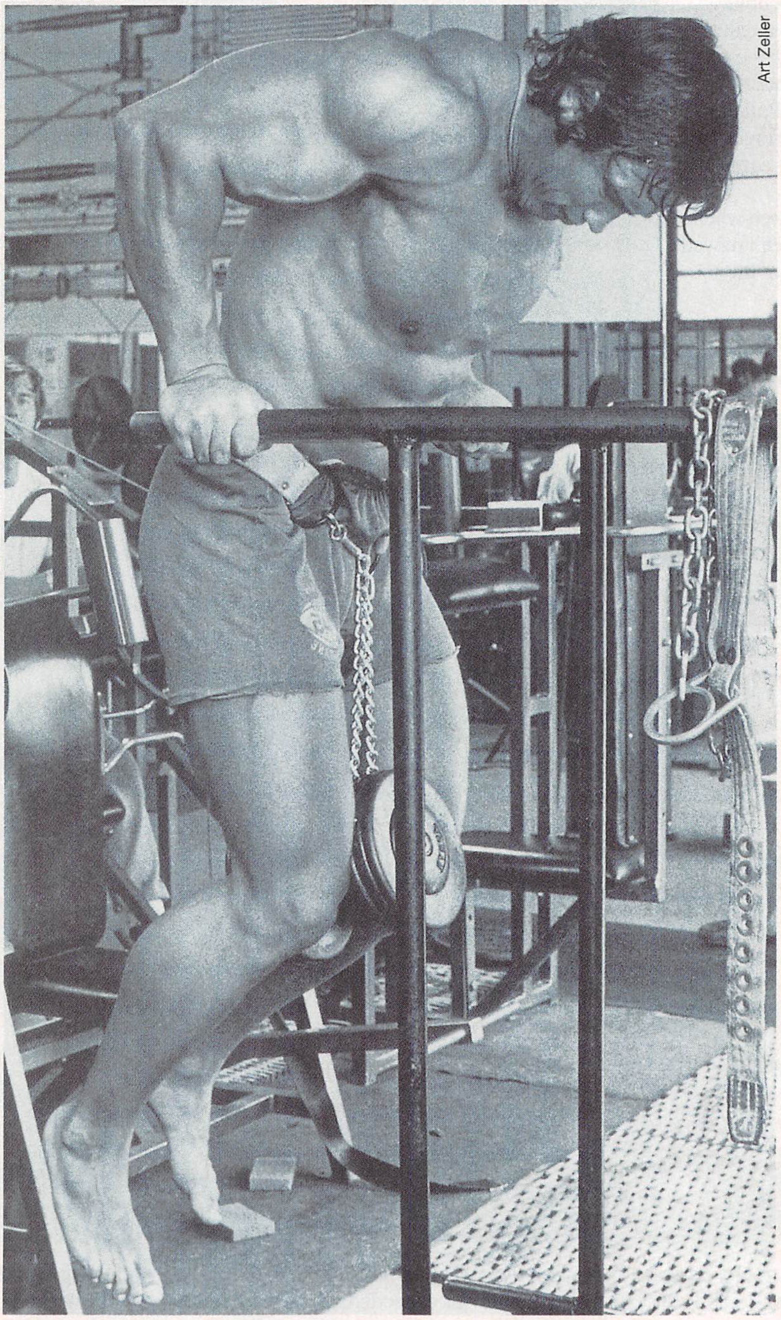
The bench presses were for middle and lower pec development and overall chest mass and power. The incline presses were for upper pec development. The weighted dips were for lower and outer pec mass. The dumbell flyes were for outer and inner pecs. And the pullovers expanded my rib cage and gave my pecs a good stretch. Often I did bent-arm pullovers with so much weight that someone had to sit on my thighs to stop me from pulling my body over instead of the bar. I also used heavy dumbell pullovers to stretch and expand my rib cage.

On each exercise I strove to use the most weight I could. I followed the pyramid principle – starting light and adding poundages each set, so my last set would be my heaviest. Sometimes I did more sets of bench presses – 8 to 10 sets – working up in weight for max attempts to increase my strength. I did this strength training especially when I began to train with Franco Columbu in Germany because he was interested in powerlifting as well as bodybuilding.

The bench press is my favorite chest exercise. It was always number one in my routine. It's a foundation movement that



Art Zeller



Art Zeller

**Weighted dips – one of the Oak's all-time favorites!**

builds size and mass. There's no way of getting around the bench press, in my opinion. You must do it to develop pecs that are massive and thick. I liked the fact that I could use heavy weights when benching. Although I was primarily a bodybuilder, I sometimes did heavy triples, doubles and singles to increase and test my benching power. I eventually worked up to a 440-pound single, which gave me greater strength to use heavier weights in my everyday chest training. This meant more size, thickness and mass. If you hope to ever develop a huge chest with thick pecs like Franco's, Reg Park's or Lee Haney's, you simply must get strong on the bench press.

Competitive bodybuilders who lack pec thickness do not look good when they raise their arms overhead or do double-biceps poses. Their pecs disappear – a look I really dislike. I was determined that my pecs would stay thick and not flatten out even when my arms were up, so I tried to develop the thickest, most massive pecs possible. Only by regularly doing heavy benches, incline presses and weighted dips could I achieve this objective.

My basic chest routine never changed much from the time I was 16 until I won my second Mr. Universe title in 1968. I might occasionally do heavy incline dumbell pressing instead of using a barbell, but I always stuck to the basic movements to keep adding mass and size to my pecs. My training was always geared to developing more mass. In fact, my basic training program never changed much over my entire career. The only exercise I added to my chest workouts was the cable crossover. I started including crossovers in my precontest routine when I moved to California in 1968 after Frank Zane defeated me for the IFBB Mr. Universe title in Miami, Florida.

That loss devastated me. I had already won the NABBA Amateur Mr. Universe title in 1967 and the NABBA Pro Mr. Universe title in 1968. I outweighed Frank by more than 50 pounds – 235 to his 185. My arms were over 20 inches and my chest was around 56 inches. Frank was much smaller, albeit much more cut and refined than I was. Then, for the first time, I realized that mass alone was not enough in my quest to become the best-developed man in the world. Mass with quality became my goal.

After the loss in Miami I asked Joe Weider about moving to California to train. He set me up in Santa Monica so that I could train at Joe Gold's gym in Venice. There I had access to the best equipment available at the time. The gym atmosphere at Gold's was fantastic. I trained with such champions as Dave Draper and Frank Zane. Joe Weider, Joe Gold, Zabo Koszewski, Artie Zeller, Vince Gironda and Dave and Frank were always ready to share their training and nutritional wisdom and to give advice. My diet and nutrition were better than ever. Joe Weider supplied me with plenty of Weider food supplements. The moderate California climate, the hot sun, the beautiful beaches and the Pacific Ocean made Venice a bodybuilding paradise. My muscles began to mature and gain quality. The cable crossovers which I added to my precontest preparations helped to bring out chest striations and cuts and to increase the cleavage between the pecs. This was the first time I had really worked at building quality into my chest instead of just pure mass.

For the following year my chest routine consisted mainly of the following:

Bench presses – *6-8 x 6-10 reps*
Incline presses – *6 x 6-10 reps*
Flat-bench dumbell flyes – *5 x 6-10 reps*
Weighted dips – *5 x 6-10 reps*
Cross-bench dumbell pullovers – *5 x 10 reps*

I didn't do the bent-arm pullover much any more because I felt that this new program would give me the combination of a full rib cage and huge, thick, full pecs that I desired.

**Nothing less than all-out effort goes into dumbell pullovers.**

Art Zeller

In 1969 I won the IFBB Mr. Universe title in New York City, and then the same evening I had my first encounter with Sergio Oliva for the Mr. Olympia title. Although I easily blew away the competition in the Universe, Sergio was a whole different breed of bodybuilder. He was so wide and thick! Sergio is one of those rare bodybuilders who have both width and thickness. That's a tough combination to beat, especially when combined with his ultratiny waist and hips and his huge arms, legs, chest, delts and back. I came close to winning the '69 Olympia (the judges scored it four to three in favor of Sergio), but I knew I needed more quality and better shape if I was ever to defeat him.

By this time Franco had come over to live and train in Venice too. Franco and I often trained chest together, and he really pushed to handle heavy poundages in my chest training. Franco is so strong. I had to work my butt off to keep up! My workouts in 1970 were fantastic. The combination of a positive training atmosphere at Gold's, top-quality equipment, and great training partners – plus a better understanding of my body and better nutrition – allowed me to get into my best shape ever up to that point (1970). In the space of three weeks I won the NABBA Pro Mr. Universe, the AAU Pro Mr. World and the IFBB Mr. Olympia. I defeated such greats as Reg Park, Dave Draper, Franco Columbu, Boyer Coe, Dennis Tinerino and Sergio Oliva in one fell swoop.

Without a doubt my chest development was a major factor in my winning these contests. Now I was Mr. Olympia. I was considered the best-developed man in the world. I had accomplished the goals I had set out for myself when I was just a 15-year-old kid. I might easily have rested on my laurels, but I was determined to continue to improve my physique and set new standards of physical perfection. Because my chest was so good, many people might have expected me to stick with the chest routine that had developed it to that level. Basically, I did just that for the next three years, but after my fourth Mr. Olympia win in 1973 I was beginning to notice that my lower chest was getting too big – at least too big to be in proportion to my upper pecs. It was time for a reevaluation of my routine and a change to improve my upper pecs.

First I dropped the heavy dips. My lower pecs were big enough and would get plenty of work from bench presses. Secondly, I changed the sequence of my exercises. I now started my routine with the incline presses to give my upper pecs priority. I believe in the priority principle. It only makes sense to train a weak point first, when your strength, energy and concentration are at their highest levels.

For incline presses I use either a barbell or the Smith machine and do slightly higher reps. While I still believe that low reps (6 to 8) and heavy weights are great for mass and size, more moderate reps give better muscle quality and muscularity. My new chest routine went as follows:

Art Zeller

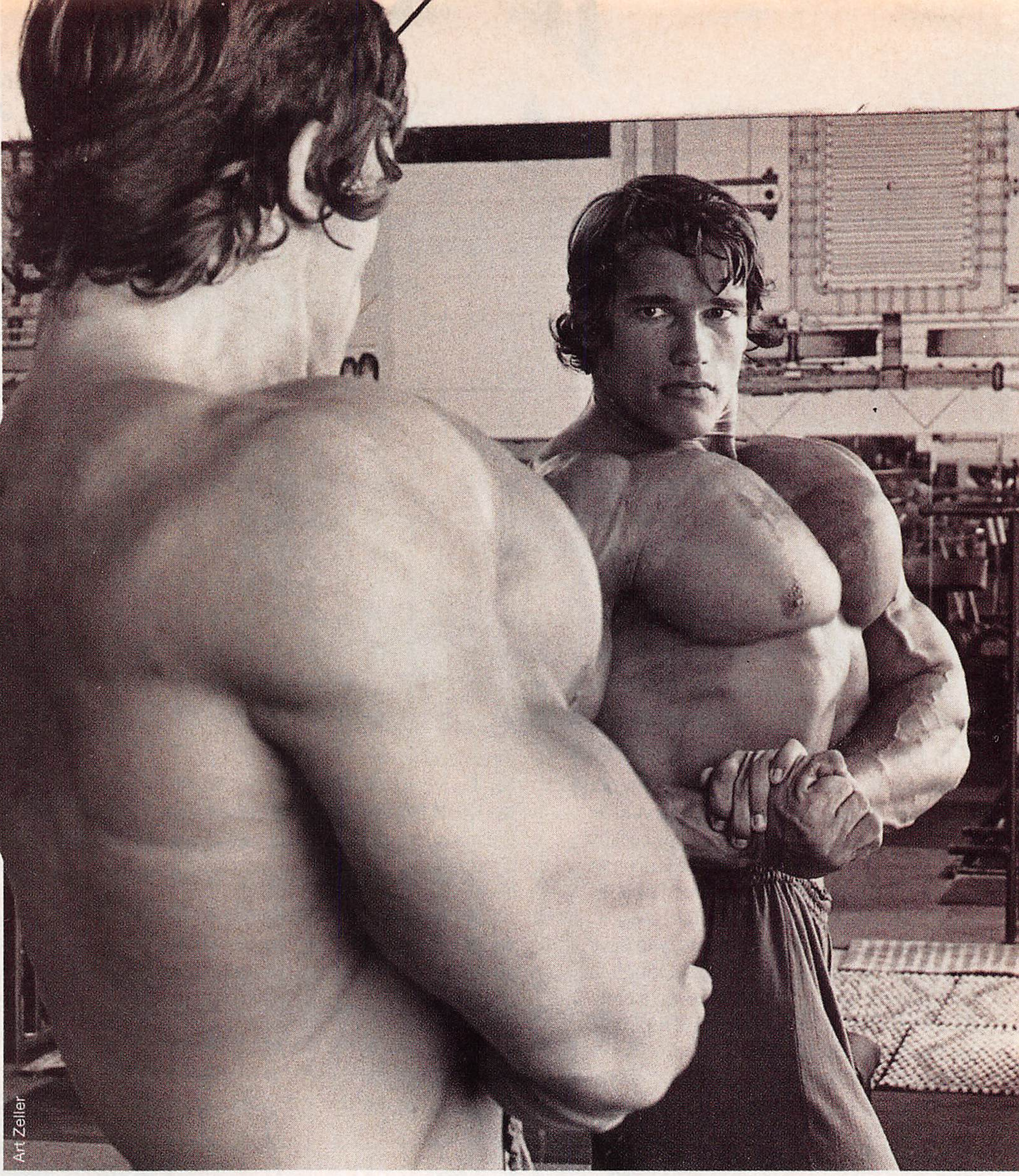
**Flat-bench dumbell flyes. Note the gym camaraderie among Denny Gable, Kent Kuehn and Danny Padilla.**

Incline presses – *6-8 x 8-12 reps*
Flat-bench barbell presses – *6 x 8-10 reps*
Flat dumbell flyes – *6 x 8-10 reps*
Cross-bench dumbell pullovers (optional) –
  *5 x 10-12 reps*
Cable crossovers (precontest only) –
  *5 x 12-15 reps*

This new routine gave my chest better balance. I still had the size, mass and thickness, but my upper pecs were thicker and more developed. My lower pecs no longer dominated. I had better chest shape and a more top-heavy look instead of a droopy, overdeveloped-looking lower chest.

Another method I began using by 1973 was supersetting chest and back during the off-season. I really liked the feeling of having pumped pecs and lats at the same time. By working a pulling muscle immediately after a pushing exercise, I got fuller all-round development. Supersetting chest and back gave me better tie-ins between front and back for a more aesthetically pleasing shape. This method also allowed me to shorten my workouts – because I can rest less between sets – and to increase intensity. When supersetting, my off- season routine usually went as follows:

Bench presses (warmup) – *1 x 30*
*Superset…*
  Bench presses – *5 x 6-20*
  Wide-grip chins behind neck –
    *5 x 8-15 reps*
*Superset…*
  Incline barbell presses – *5 x 10-15*
  T-bar rows – *5 x 10-15 reps*
*Superset…*
  Dumbell flyes – *5 x 10-15*
  Wide-grip barbell rows – *5 x 10-15*
*Superset…*
  Parallel-bar dips – *5 x 15*
  Close-grip chins – *5 x 12*
  Stiff-arm pullovers – *5 x 15-20*


Art Zeller

**Practice posing. Check out the thickest pecs in bodybuilding history!**

Art Zeller

***Note:*** There is absolutely no rest between sets and exercises of the four superset groups.

By training chest twice a week I was able to experience new growth as a result of better recovery and the stimulating effect of the supersetting.

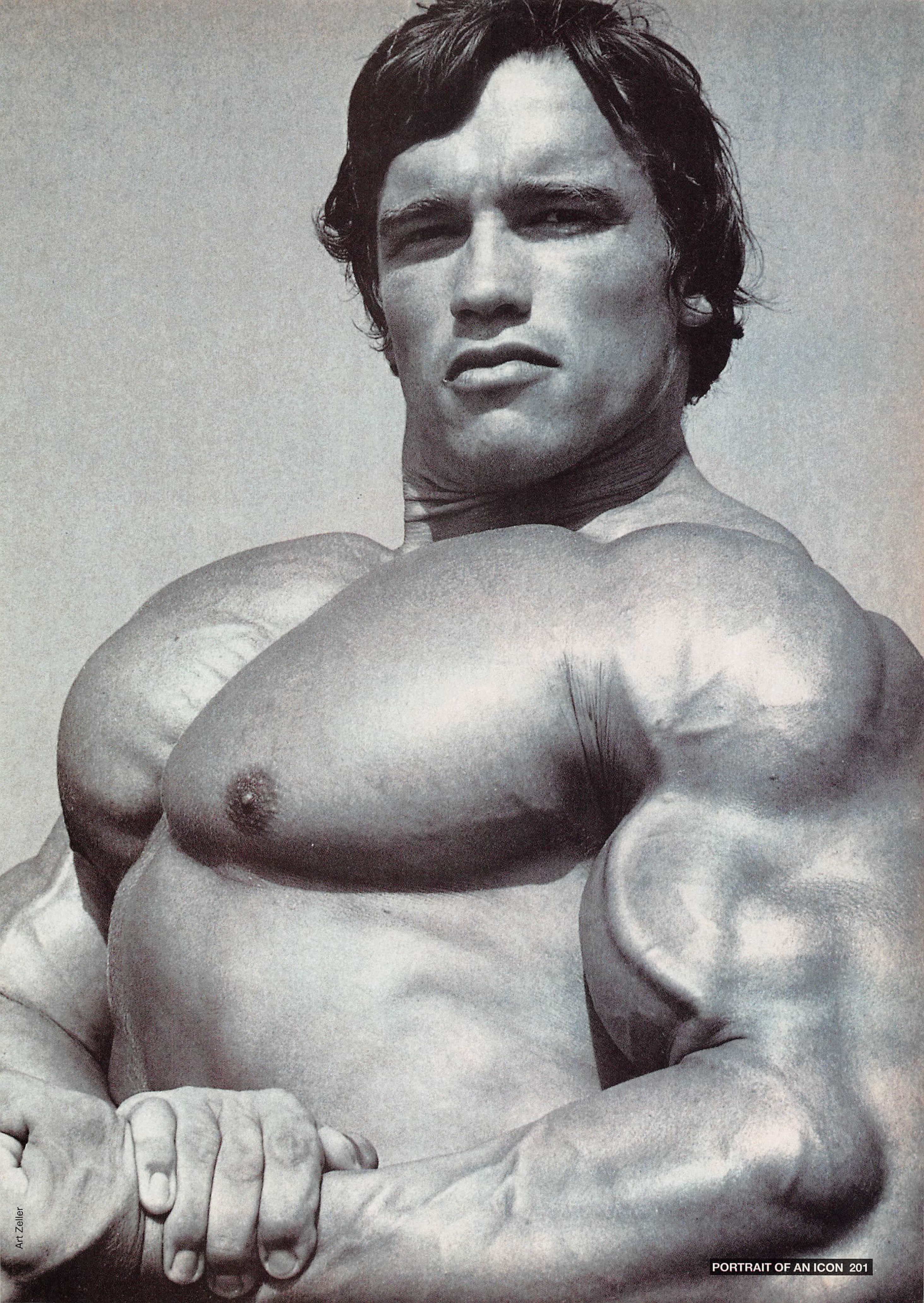
So far I have told you about exercises, sets and reps, but not exercise form. There is no completely right or wrong way to do an exercise. Whichever method allows you to place the tension and overload squarely on the working muscle is the right method for you. You have to know your body, understand how it reacts to a certain exercise, and then refine each movement over time so that you get the most muscle-building action from it.

When you're doing bench presses, try to keep the reps smooth and strict. Do each one with concentration and control. I try to make my pecs do most of the work, so my mind is very much involved when I bench press. I've found that stopping the bar about an inch or two from lockout – so that there is always a bit of bend in the elbows at the top of the movement – keeps more constant tension on the pecs.

Lower the bar to the lower pecs and then finish with the bar over the throat or even the eyes for better pec involvement. Don't just push the bar up and down. Keep your chest high and your rib cage expanded. Don't let your rib cage collapse and your chest flatten out, or your delts will take over and get most of the overload. If you want more outer pec involvement, use a wider grip. A narrower grip works more middle and inner pec.

A very effective method I've found for working the outer pecs is this: When performing dumbell flyes, stop the dumbells about 12 to 15 inches apart at the top. This way you always keep tension on the outer pecs. If you need more inner pec development, however, come all the way up until the dumbells meet. Then pause to tense and squeeze your chest muscles. As with bench presses, keep your chest expanded and high throughout the movement.

Make sure you get a full stretch on flyes. Go as low as possible. Keep the arms bent to take stress off the elbows. Lower the bells in such a way that your elbows are pulled back in line with your shoulders. This style will



Art Zeller

George Butler

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## *THE KEY TO SERIOUS GROWTH*

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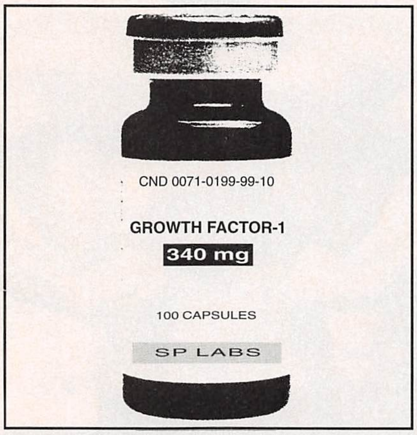
Assuming that you eat right, train properly, and get enough sleep, there are only two factors limiting your growth; the amount of anabolic, tissue building, and catabolic, tissue destroying, hormones in your blood.

Training causes your muscles to process anabolic hormones. To promote the optimum level of growth, you must learn how long to train before resting and allowing your body to replace the anabolic hormones that have been used up. If you over train, all of the anabolic hormones will be used up and the catabolic hormones will start to dominate. If you under train, you will waste some of the natural anabolic hormones that your body produces.

In the course of learning how to maximize your body's natural supply of anabolic hormones, you will go through some ups and downs. The catch 22 is that even if you do everything right, you will eventually reach a plateau that you cannot break through. The level of growth at which the plateau is reached is predetermined by the amount of anabolic hormones that your body naturally produces. The only way to break through the plateau is to raise the level of anabolic hormones in your blood.

Anabolic steroids artificially raise the amount of anabolic hormones in the blood and permit further growth. Unfortunately, anabolic steroids are both dangerous and illegal. If you are interested in learning more about steroids you may want to read *The Steroid Bible*. *The Steroid Bible* is the most comprehensive book on steroids ever written. The newly released, third edition of *The Steroid Bible* sells for $24.95 plus $3 postage and handling. To order, have your credit card ready and call 1-800-898-8998-ext. 2.

During the course of my research for *The Steroid Bible*, I have tried countless ergogenic products. As I have reported in the past, the vast majority of these products were totally worthless or provided minute benefits that could easily be obtained through a proper diet. In fact, after all the time and money I have spent researching ergogenic products, I have only been able to find one legal product that produces significant increases in muscle size and strength. It is called Growth Factor-1.



**GF-1 The 1 That Works**

Growth Factor-1 increases the level of anabolic hormones in your blood. This leads to faster recovery times, increased strength, and increased energy. Most importantly, it provides your muscles with the extra fuel they need to blast through plateaus and move on to the next level of growth. Increasing the level of anabolic hormones in your blood enables you to break through your body's natural limitations. It is the key to serious growth and the only way to build a freaky, professional bodybuilder type physique.

Growth Factor-1 has allowed me to experience a level of growth that I thought was only possible through the use of steroids. Growth Factor-1 is the only legal product on the market that will enable you to build the cartoon like muscle that professional bodybuilders display.

Growth Factor-1 can be used by men and women. However, women should be warned that Growth Factor-1, when combined with weight training, promotes a level of muscle growth that leaves a woman with a physique that most people would describe as masculine. Women interested in simply toning their bodies should not use this product. Growth Factor-1 should only be used by people who are interested in building extraordinarily muscular physiques.

Growth Factor-1 is extremely difficult to obtain. There is a limited supply available. It will be sold on a first come first serve basis. Order now and try Growth Factor-1 risk free. If Growth Factor-1 does not allow you to build an impressive, muscular physique that commands attention, simply return it within 30 days for a full refund.

A one month supply, of Growth Factor-1 is $49.95. I am so confident that those who try Growth Factor-1 will like it and want more that I am also making a one year supply available in order to keep costs down. A one year supply of Growth Factor-1 is $249.95.This saves you over $300 off of the monthly price. Order now, while supplies last. U.S. orders we pay shipping, foreign orders please add $6.

To order, have your credit card ready and call, toll free from the U.S. and Canada, 24 hours a day 7 days a week, 1-800-898-8998 and ask for extension 2. To order by mail, send a check or money order, payable to Belle International, or your Visa, MC, AmEx, or Disc credit card # and expiration date, to: Belle International-D 2, P.O. Box 160233, Sacramento, CA 95816.

Art Zeller

Cable crossovers.

put a stronger pull on the pectorals. Don't just lower the bells to your sides. Also, don't let your wrists turn or twist. Keep them parallel at all times.

Imagine you are hugging a large tree when doing dumbell flyes. You want to make a large circle with the bells. Don't let your hands move in close to your body because then you get into a pressing action instead of a flying action.

When doing incline presses keep the angle low – no more than 25 to 30 degrees. A steep angle involves too much front deltoid. As with bench presses, keep your chest arched and expanded and finish with the bar over your eyes for better pec isolation. Watch the bar as it comes off your chest and make sure you lift it over your head, not just straight up over the chest. If you need more outer upper pecs, use a wider grip.

A trick I use to get more rib-cage expansion on cross-bench dumbell pullovers is to drop my hips at the bottom of the movement when the dumbell is completely behind my head. By doing this, I give my rib cage and lats extra stretch, and put more stress on the serratus.

Dips are a fantastic compound movement. They work the pecs, serratus, delts and triceps hard. I like to dip with extra resistance. Using a special belt, you can dip with extra weights attached. Lower your body as far as possible to get maximum stretch on the pecs, but come up only three-quarters. You don't have to come up to full lockout when dipping for pec development. When dipping for triceps development you should come up to lockout, but not when dipping for pecs.

For crossovers, use moderate weights and concentrate on a full range of motion. Hold in the fully contracted position for a count of two or three to bring out the muscularity in your chest. Don't stand upright. Bend forward at the waist so that you can better isolate your pecs.

Most of all, never lose sight of what you're trying to accomplish when you train chest, no matter which exercise you're doing.

Put all the overload and tension on the working muscle. If you lose the feel of the muscle because you're cheating too much or your range of motion is too limited, or because you're bouncing the bar and using momentum, you should reevaluate your training technique. Use good, strict form, and go for a full range of motion. Never let ego get in the way of properly training your muscles.

You should have one power chest workout a week in which you go for very heavy weights on bench presses, incline presses and dips. Use good form, but pile on the weight and pyramid down to 3, 2 or even 1 rep. A good power chest workout might look like this: 1 x 20 (warmup), 1 x 10, 8, 6, 6, 4, 2, 1-2, 1. Make sure you're always well warmed up before you attempt any really heavy weights, and always have a spotter standing by so that you don't get stuck with a heavy weight on your chest.

Shock the muscles once in a while with supersetting or stripping the bar. The latter technique is very effective on exercises such as bench pressing because your training partners can strip plates from the bar as you do a set. This stripping allows you to extend the set while greatly increasing intensity and really blasting those pecs. Forced reps and controlled cheating are also very effective for overloading the muscle.

Practice posing and flexing your chest after each workout to develop better control of your pectorals. Tensing and squeezing them will bring out more cuts and definition.

Never lose the picture in your mind's eye of how you want your chest to look someday. If you're using my chest development as a model of the chest you want, I'm flattered. If you're going to follow my exercise routines, modify them for your own needs and you should be able to develop the kind of chest you'll be proud of. Be patient and realize that Rome wasn't built in a day.

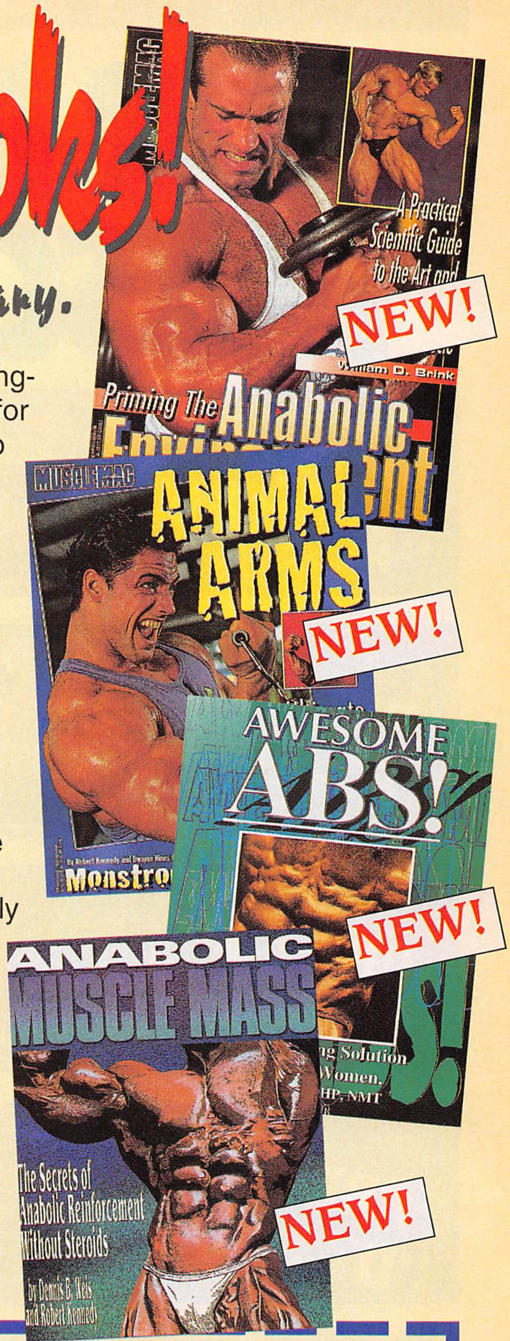
You can do it. You just have to want it badly enough. **AS**

Art Zeller

A rare front lat spread from the Oak in 1975.

# More Great Books!

## For Your Bodybuilding Library.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***Anabolic Muscle Mass*** is a comprehensive 230+ powerful pages of result-producing training techniques, systems and strategies for building huge, rock hard slabs of muscle at the fastest rate possible. This is a hold-nothing-back book aranged in 13 easy-to-read chapters of indispensible training and inspiring information. Anabolic Muscle Mass reveals: • Eastern Bloc Training Systems • Super Flushing Techniques • "Big Six" and "10 set Magic" • Division of Sets Techniques • Flash Point Training Concept • Power 4-Rep/Tri-Pump System...and much more! **$19.95**

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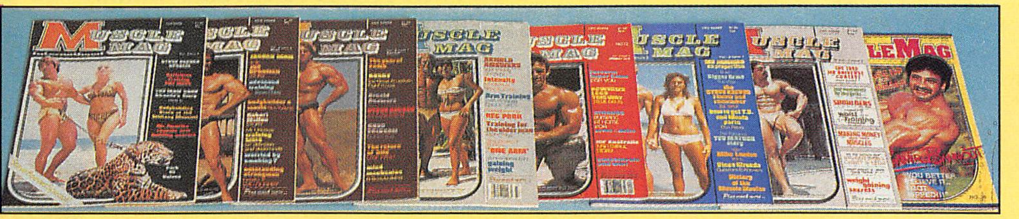

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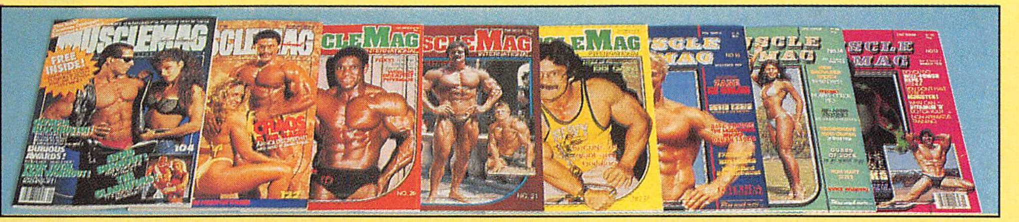

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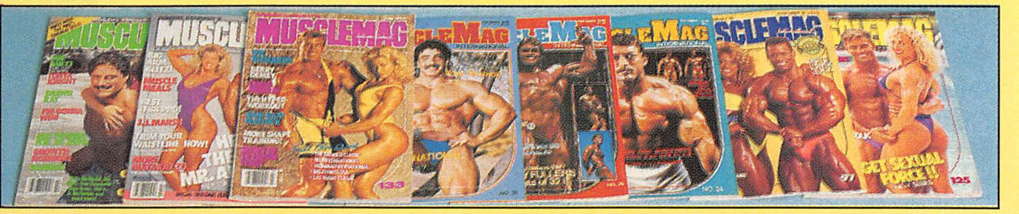

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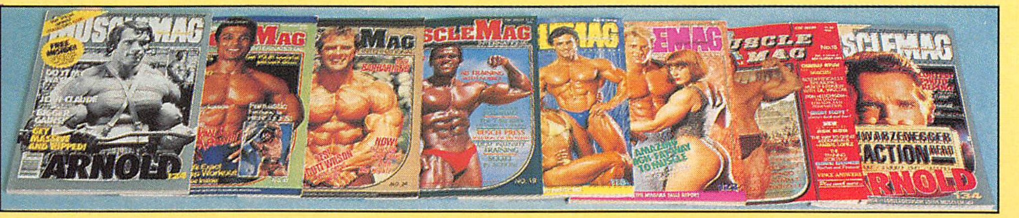

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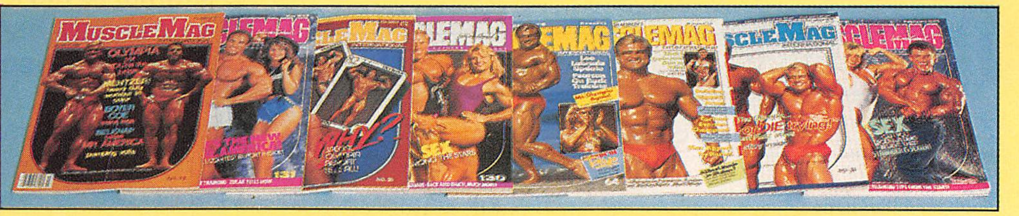

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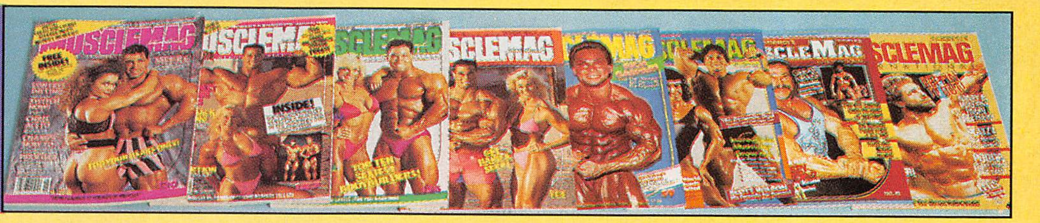

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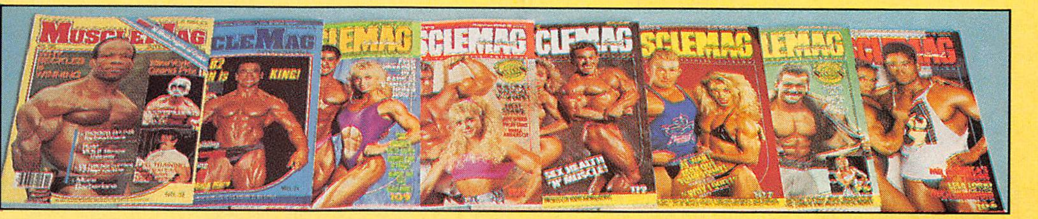

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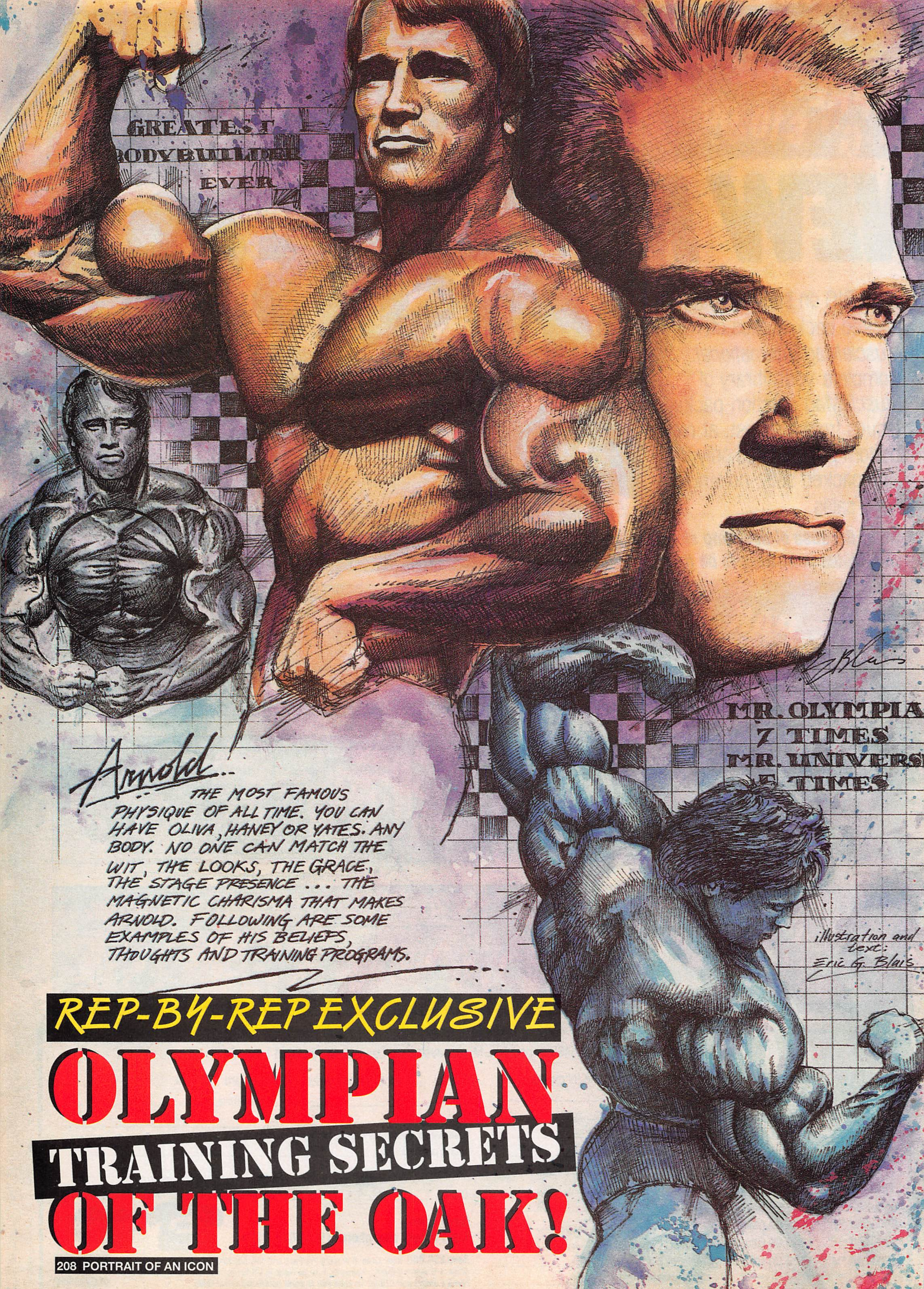
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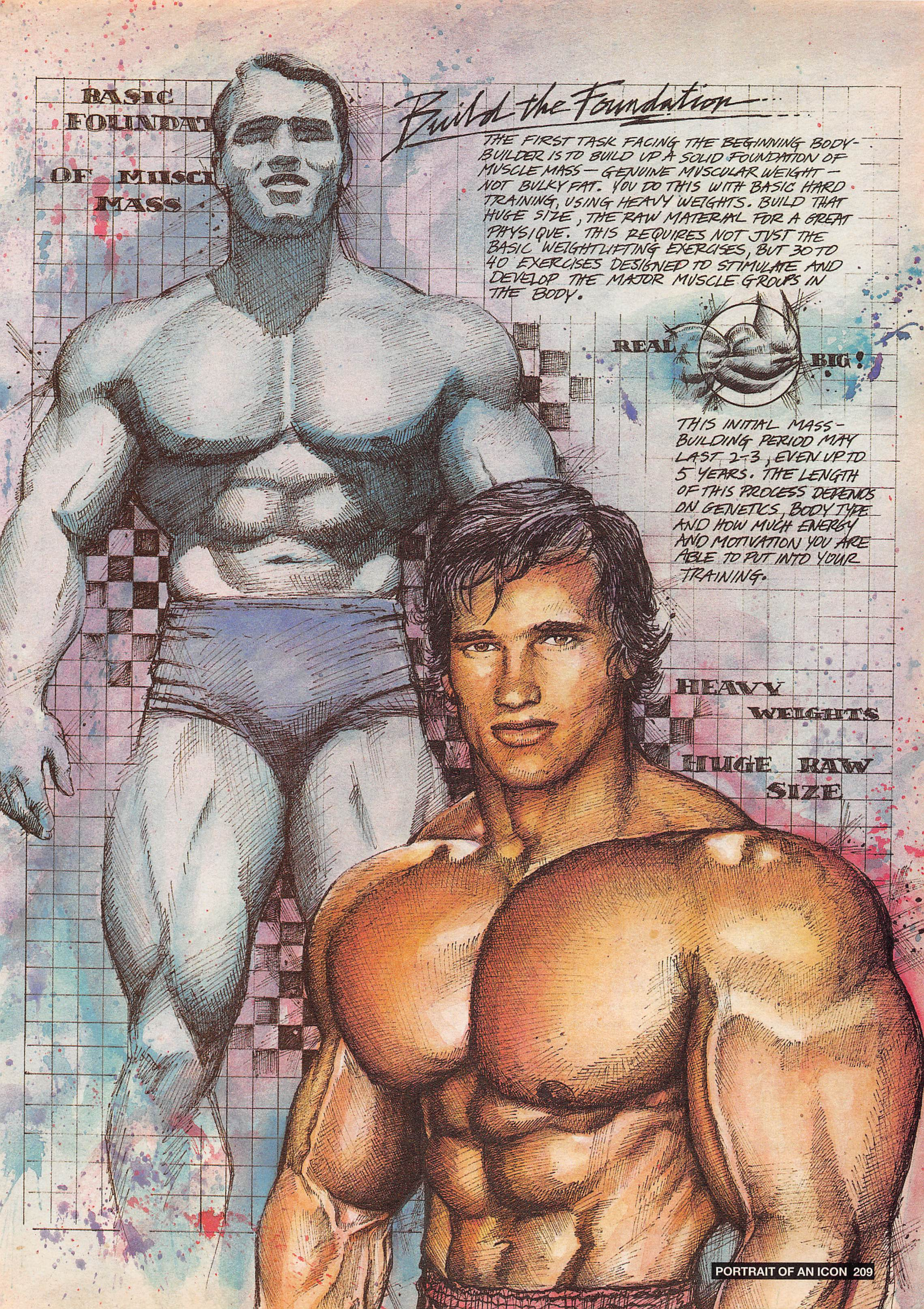
illustration and text:
Eric G. Blais

## REP-BY-REP EXCLUSIVE

# OLYMPIAN TRAINING SECRETS OF THE OAK!



# Build the Foundation

THE FIRST TASK FACING THE BEGINNING BODYBUILDER IS TO BUILD UP A SOLID FOUNDATION OF MUSCLE MASS — GENUINE MUSCULAR WEIGHT — NOT BULKY FAT. YOU DO THIS WITH BASIC HARD TRAINING, USING HEAVY WEIGHTS. BUILD THAT HUGE SIZE, THE RAW MATERIAL FOR A GREAT PHYSIQUE. THIS REQUIRES NOT JUST THE BASIC WEIGHTLIFTING EXERCISES, BUT 30 TO 40 EXERCISES DESIGNED TO STIMULATE AND DEVELOP THE MAJOR MUSCLE GROUPS IN THE BODY.

THIS INITIAL MASS-BUILDING PERIOD MAY LAST 2-3, EVEN UP TO 5 YEARS. THE LENGTH OF THIS PROCESS DEPENDS ON GENETICS, BODY TYPE AND HOW MUCH ENERGY AND MOTIVATION YOU ARE ABLE TO PUT INTO YOUR TRAINING.

## MASS AND POWER + RAW TALENT EQUALS ARNOLD

## ARNOLD'S BASIC MASS ROUTINE

*Monday & Thursday*

| CHEST | BACK | ABS |
|---|---|---|
| BENCH PRESSES | CHINUPS (4 SETS UNTIL FAILURE) | LEG RAISES (5 SETS OF 25 REPS) |
| INCLINE PRESSES | BENT-OVER ROWS | |
| PULLOVERS | DEADLIFTS (3 SETS - 10, 6, 4) | |

*Tuesday & Friday*

| SHOULDERS | ARMS | FOREARMS | ABS |
|---|---|---|---|
| CLEAN & PRESS | BARBELL CURLS | WRIST CURLS | INCLINE SITUPS (5 SETS OF 25 REPS) |
| LATERAL RAISES. | SEATED DUMBELL CURLS | REVERSE WRIST CURLS | |
| HEAVY UPRIGHT ROWS | NARROW-GRIP BENCH PRESS | | |
| PUSH PRESSES | BARBELL TRICEPS EXTENSIONS | | |

*Wednesday & Saturday*

| THIGHS | CALVES | LOWER BACK | ABS |
|---|---|---|---|
| SQUATS | STANDING CALF RAISES (5 SETS, 15 REPS). | STRAIGHT-LEG DEADLIFTS* | LEG RAISES (5 SETS OF 25 REPS) |
| LUNGES | | GOOD MORNINGS* | |
| LEG CURLS | | *3 SETS - 10, 6, 4 | |

* DO 5 SETS - 8 TO 12 REPS UNLESS OTHERWISE NOTED.

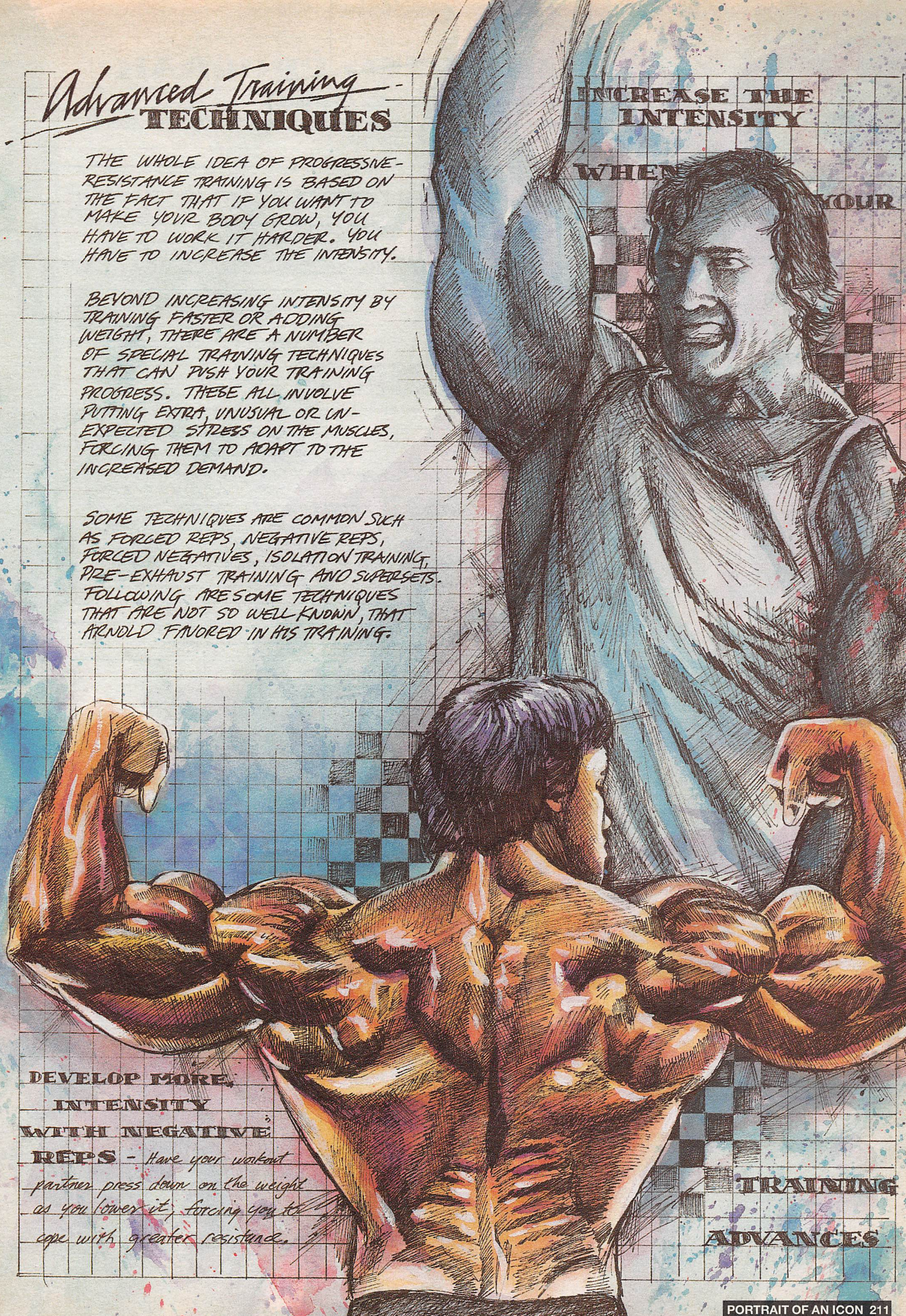
# Advanced Training TECHNIQUES

THE WHOLE IDEA OF PROGRESSIVE-RESISTANCE TRAINING IS BASED ON THE FACT THAT IF YOU WANT TO MAKE YOUR BODY GROW, YOU HAVE TO WORK IT HARDER. YOU HAVE TO INCREASE THE INTENSITY.

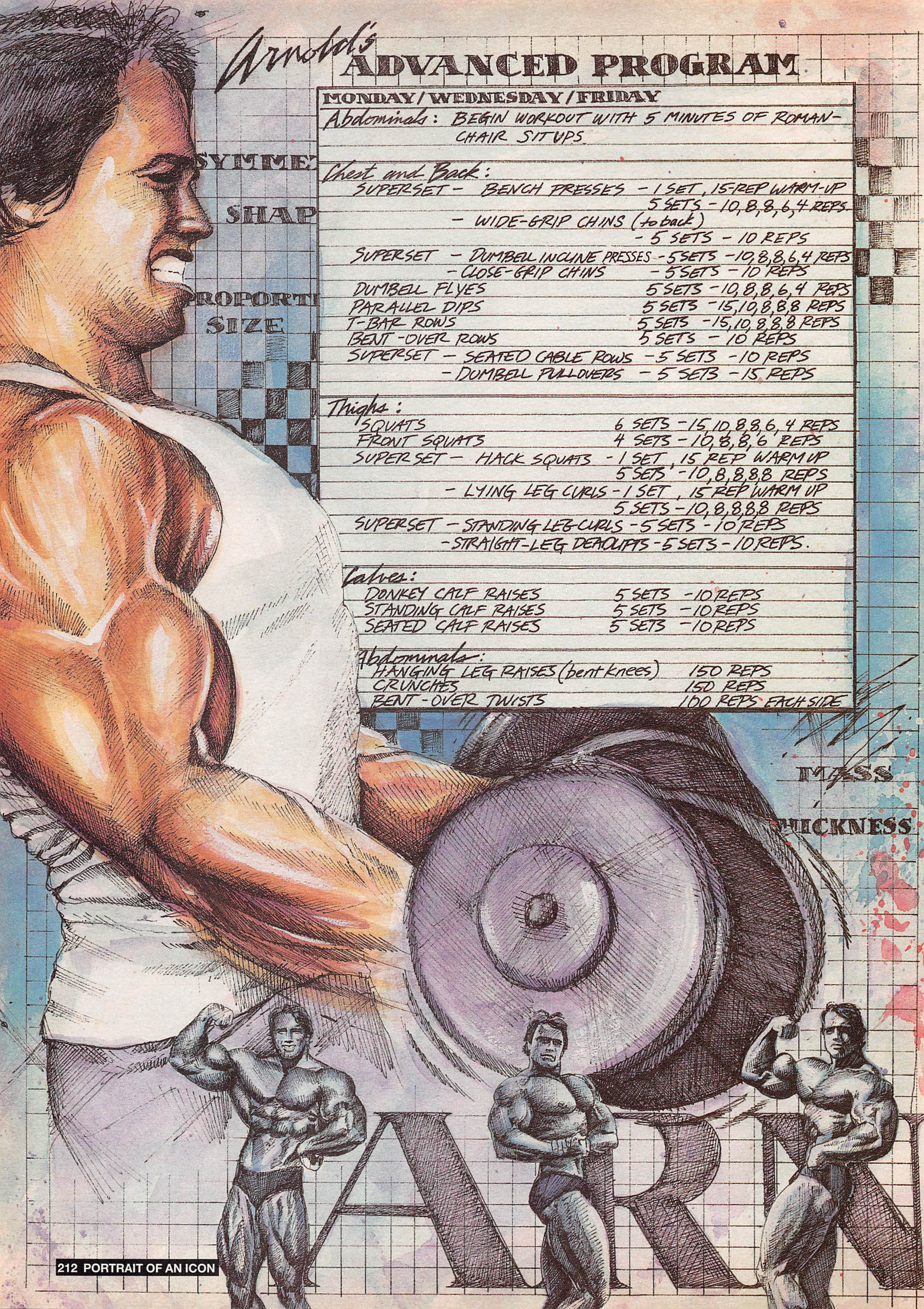
BEYOND INCREASING INTENSITY BY TRAINING FASTER OR ADDING WEIGHT, THERE ARE A NUMBER OF SPECIAL TRAINING TECHNIQUES THAT CAN PUSH YOUR TRAINING PROGRESS. THESE ALL INVOLVE PUTTING EXTRA, UNUSUAL OR UNEXPECTED STRESS ON THE MUSCLES, FORCING THEM TO ADAPT TO THE INCREASED DEMAND.

SOME TECHNIQUES ARE COMMON SUCH AS FORCED REPS, NEGATIVE REPS, FORCED NEGATIVES, ISOLATION TRAINING, PRE-EXHAUST TRAINING AND SUPERSETS. FOLLOWING ARE SOME TECHNIQUES THAT ARE NOT SO WELL KNOWN, THAT ARNOLD FAVORED IN HIS TRAINING.

## INCREASE THE INTENSITY WHEN YOUR TRAINING ADVANCES



**DEVELOP MORE INTENSITY WITH NEGATIVE REPS** – Have your workout partner press down on the weight as you lower it, forcing you to cope with greater resistance.



# *Arnold's* ADVANCED PROGRAM

**MONDAY/WEDNESDAY/FRIDAY**

*Abdominals:* BEGIN WORKOUT WITH 5 MINUTES OF ROMAN-CHAIR SITUPS

*Chest and Back:*

SUPERSET – BENCH PRESSES – 1 SET, 15-REP WARM-UP
5 SETS – 10, 8, 8, 6, 4 REPS
– WIDE-GRIP CHINS (to back)
– 5 SETS – 10 REPS
SUPERSET – DUMBELL INCLINE PRESSES – 5 SETS – 10, 8, 8, 6, 4 REPS
– CLOSE-GRIP CHINS – 5 SETS – 10 REPS
DUMBELL FLYES 5 SETS – 10, 8, 8, 6, 4 REPS
PARALLEL DIPS 5 SETS – 15, 10, 8, 8, 8 REPS
T-BAR ROWS 5 SETS – 15, 10, 8, 8, 8 REPS
BENT-OVER ROWS 5 SETS – 10 REPS
SUPERSET – SEATED CABLE ROWS – 5 SETS – 10 REPS
– DUMBELL PULLOVERS – 5 SETS – 15 REPS

*Thighs:*

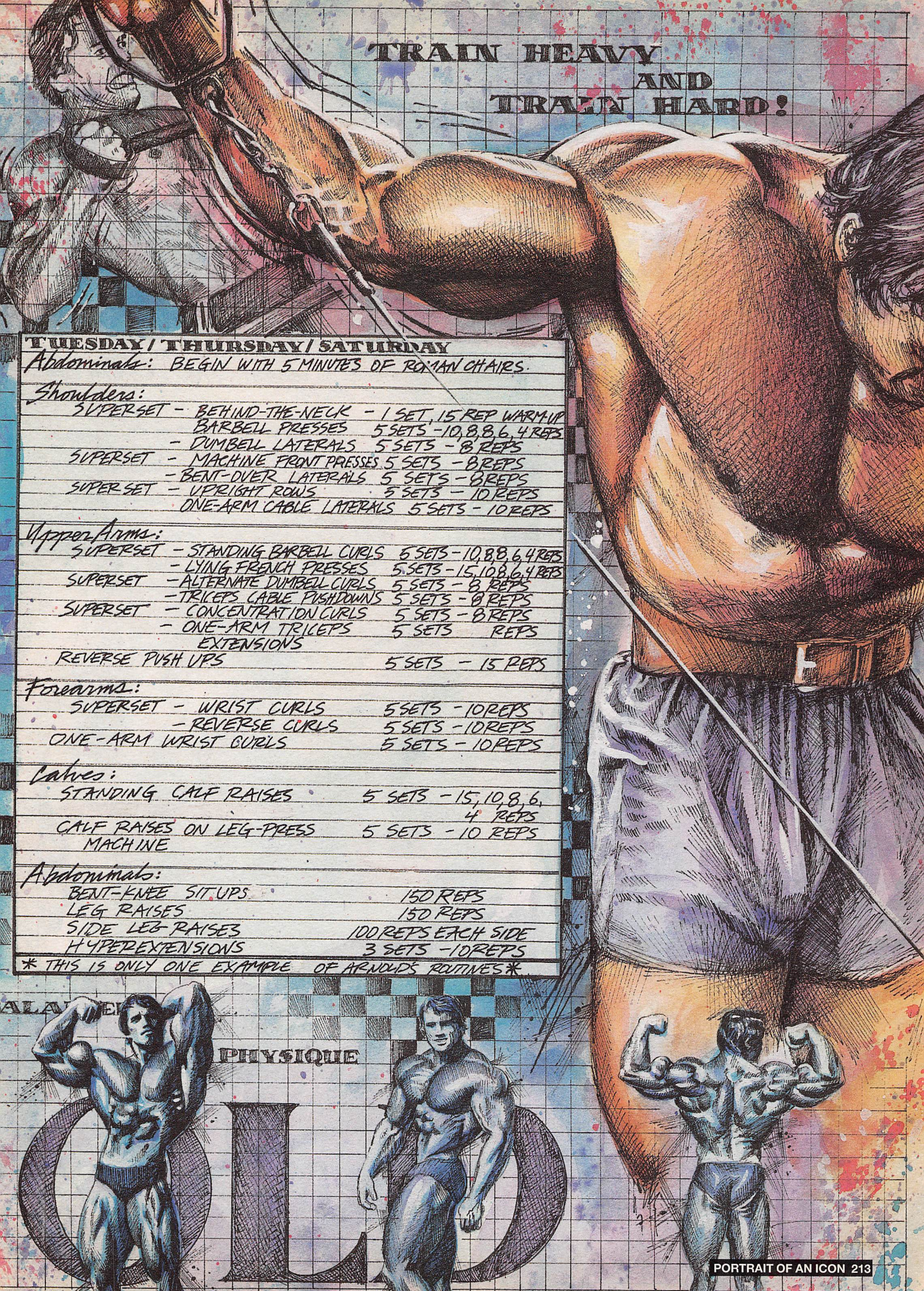
SQUATS 6 SETS – 15, 10, 8, 8, 6, 4 REPS
FRONT SQUATS 4 SETS – 10, 8, 8, 6 REPS
SUPERSET – HACK SQUATS – 1 SET, 15 REP WARM UP
5 SETS – 10, 8, 8, 8, 8 REPS
– LYING LEG CURLS – 1 SET, 15 REP WARM UP
5 SETS – 10, 8, 8, 8, 8 REPS
SUPERSET – STANDING LEG CURLS – 5 SETS – 10 REPS
– STRAIGHT-LEG DEADLIFTS – 5 SETS – 10 REPS.

*Calves:*

DONKEY CALF RAISES 5 SETS – 10 REPS
STANDING CALF RAISES 5 SETS – 10 REPS
SEATED CALF RAISES 5 SETS – 10 REPS

*Abdominals:*

HANGING LEG RAISES (bent knees) 150 REPS
CRUNCHES 150 REPS
BENT-OVER TWISTS 100 REPS EACH SIDE



**TUESDAY / THURSDAY / SATURDAY**

*Abdominals:* BEGIN WITH 5 MINUTES OF ROMAN CHAIRS.

*Shoulders:*
SUPERSET – BEHIND-THE-NECK – 1 SET, 15 REP WARM-UP
BARBELL PRESSES 5 SETS – 10, 8, 8, 6, 4 REPS
– DUMBELL LATERALS 5 SETS – 8 REPS
SUPERSET – MACHINE FRONT PRESSES 5 SETS – 8 REPS
– BENT-OVER LATERALS 5 SETS – 8 REPS
SUPER SET – UPRIGHT ROWS 5 SETS – 10 REPS
ONE-ARM CABLE LATERALS 5 SETS – 10 REPS

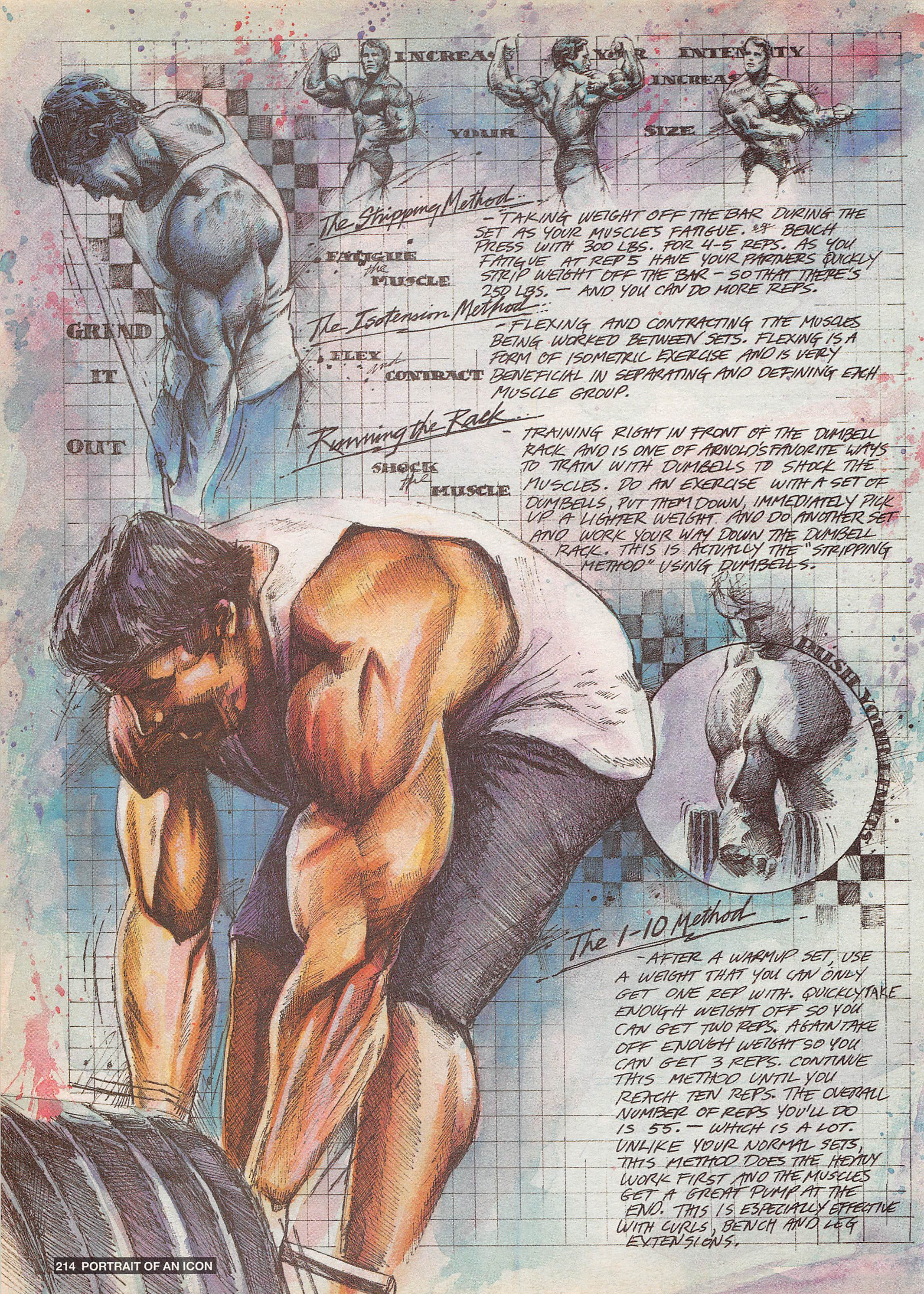
*Upper Arms:*
SUPERSET – STANDING BARBELL CURLS 5 SETS – 10, 8, 8, 6, 4 REPS
– LYING FRENCH PRESSES 5 SETS – 15, 10, 8, 6, 4 REPS
SUPERSET – ALTERNATE DUMBELL CURLS 5 SETS – 8 REPS
– TRICEPS CABLE PUSHDOWNS 5 SETS – 8 REPS
SUPERSET – CONCENTRATION CURLS 5 SETS – 8 REPS
– ONE-ARM TRICEPS EXTENSIONS 5 SETS REPS
REVERSE PUSH UPS 5 SETS – 15 REPS

*Forearms:*
SUPERSET – WRIST CURLS 5 SETS – 10 REPS
– REVERSE CURLS 5 SETS – 10 REPS
ONE-ARM WRIST CURLS 5 SETS – 10 REPS

*Calves:*
STANDING CALF RAISES 5 SETS – 15, 10, 8, 6, 4 REPS
CALF RAISES ON LEG-PRESS MACHINE 5 SETS – 10 REPS

*Abdominals:*
BENT-KNEE SIT UPS 150 REPS
LEG RAISES 150 REPS
SIDE LEG-RAISES 100 REPS EACH SIDE
HYPEREXTENSIONS 3 SETS – 10 REPS

* THIS IS ONLY ONE EXAMPLE OF ARNOLD'S ROUTINES *

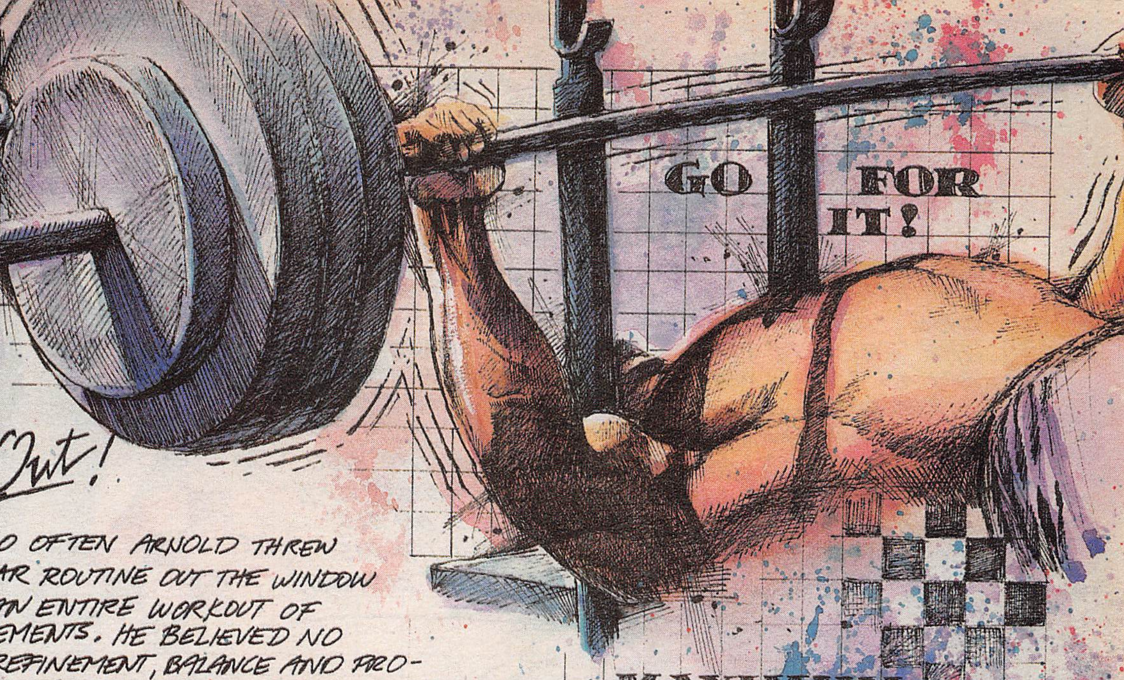


*The Stripping Method* – TAKING WEIGHT OFF THE BAR DURING THE SET AS YOUR MUSCLES FATIGUE. eg BENCH PRESS WITH 300 LBS. FOR 4-5 REPS. AS YOU FATIGUE AT REP 5 HAVE YOUR PARTNERS QUICKLY STRIP WEIGHT OFF THE BAR – SO THAT THERE'S 250 LBS. – AND YOU CAN DO MORE REPS.

*The Isotension Method* – FLEXING AND CONTRACTING THE MUSCLES BEING WORKED BETWEEN SETS. FLEXING IS A FORM OF ISOMETRIC EXERCISE AND IS VERY BENEFICIAL IN SEPARATING AND DEFINING EACH MUSCLE GROUP.

*Running the Rack* – TRAINING RIGHT IN FRONT OF THE DUMBELL RACK AND IS ONE OF ARNOLD'S FAVORITE WAYS TO TRAIN WITH DUMBELLS TO SHOCK THE MUSCLES. DO AN EXERCISE WITH A SET OF DUMBELLS, PUT THEM DOWN, IMMEDIATELY PICK UP A LIGHTER WEIGHT AND DO ANOTHER SET AND WORK YOUR WAY DOWN THE DUMBELL RACK. THIS IS ACTUALLY THE "STRIPPING METHOD" USING DUMBELLS.

*The 1-10 Method* – AFTER A WARMUP SET, USE A WEIGHT THAT YOU CAN ONLY GET ONE REP WITH. QUICKLY TAKE ENOUGH WEIGHT OFF SO YOU CAN GET TWO REPS. AGAIN TAKE OFF ENOUGH WEIGHT SO YOU CAN GET 3 REPS. CONTINUE THIS METHOD UNTIL YOU REACH TEN REPS. THE OVERALL NUMBER OF REPS YOU'LL DO IS 55. – WHICH IS A LOT. UNLIKE YOUR NORMAL SETS, THIS METHOD DOES THE HEAVY WORK FIRST AND THE MUSCLES GET A GREAT PUMP AT THE END. THIS IS ESPECIALLY EFFECTIVE WITH CURLS, BENCH AND LEG EXTENSIONS.

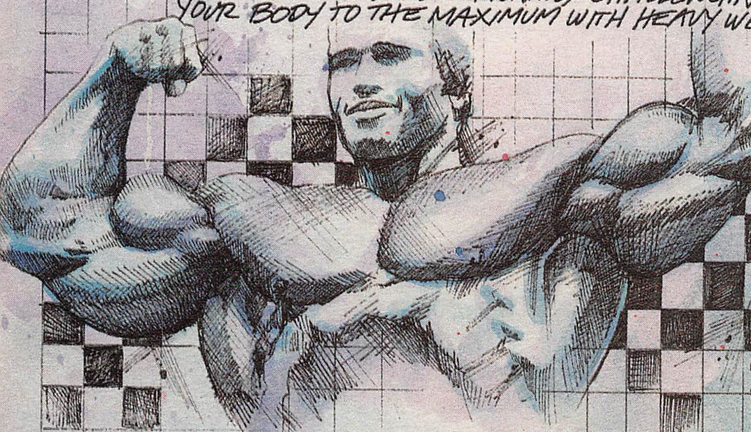


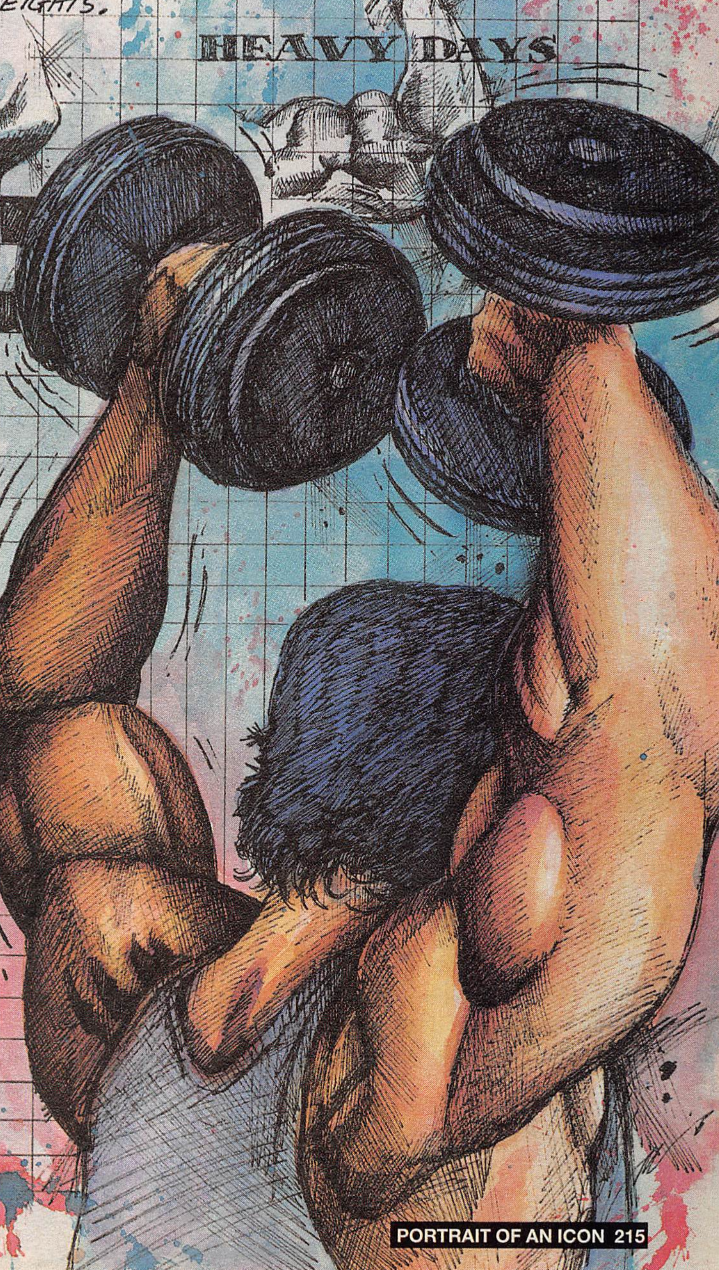
# GO FOR IT!

## Maxxing Out!

EVERY SO OFTEN ARNOLD THREW HIS REGULAR ROUTINE OUT THE WINDOW AND DID AN ENTIRE WORKOUT OF POWER MOVEMENTS. HE BELIEVED NO AMOUNT OF REFINEMENT, BALANCE AND PROPORTION LOOKED GOOD UNLESS IT COEXISTED WITH THE KIND OF HARD DENSE MUSCLE STRUCTURE THAT COMES FROM OCCASIONALLY CHALLENGING YOUR BODY TO THE MAXIMUM WITH HEAVY WEIGHTS.

## MAXIMUM ON HEAVY DAYS



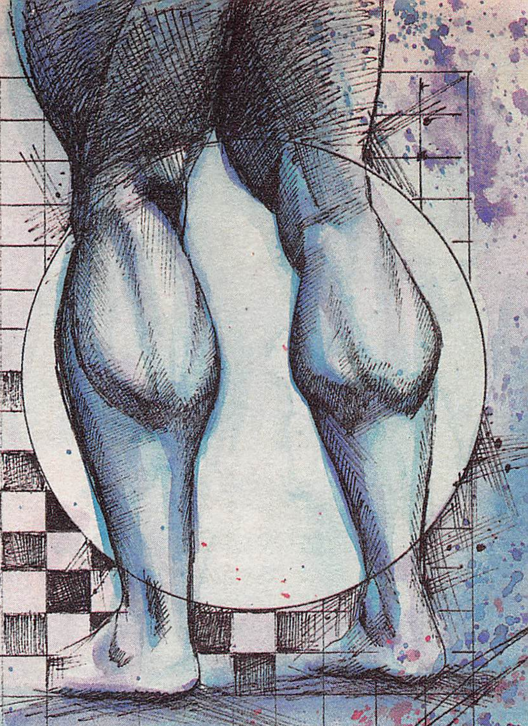


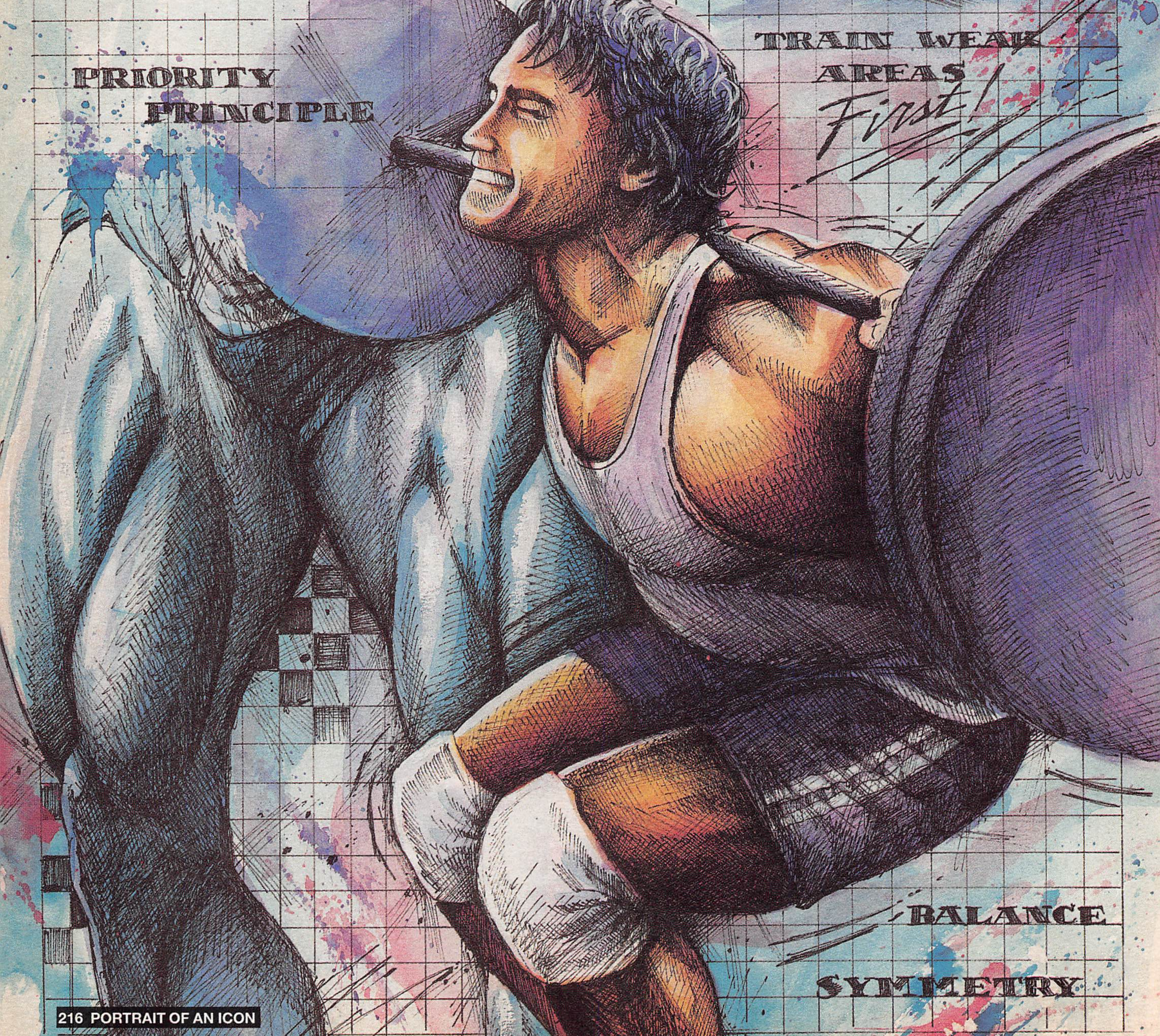
## Varying your ROUTINES

ARNOLD WOULD CHANGE HIS EXERCISE PROGRAM EVERY 3-6 MONTHS. HE BELIEVED THIS NECESSARY TO FORCE THE BODY INTO NEW GROWTH. THE MUSCLES GET STALE AND BORED, AND NEED NEW MOVEMENTS TO STIMULATE NEW GROWTH. VARYING THE ROUTINE ALSO KEPT ARNOLD'S MIND FROM GETTING BORED. EXPLORING A WHOLE RANGE OF DIFFERENT EXERCISES GIVES YOU A BETTER IDEA AS TO WHICH EXERCISES WORK BEST FOR YOU AND WHICH ONES DON'T REALLY SUIT YOU. YOU WILL GET A MUCH BETTER UNDERSTANDING OF YOUR BODY AND HOW TO ACHIEVE THE BEST RESULTS FOR IT.

# Training WEAK AREAS

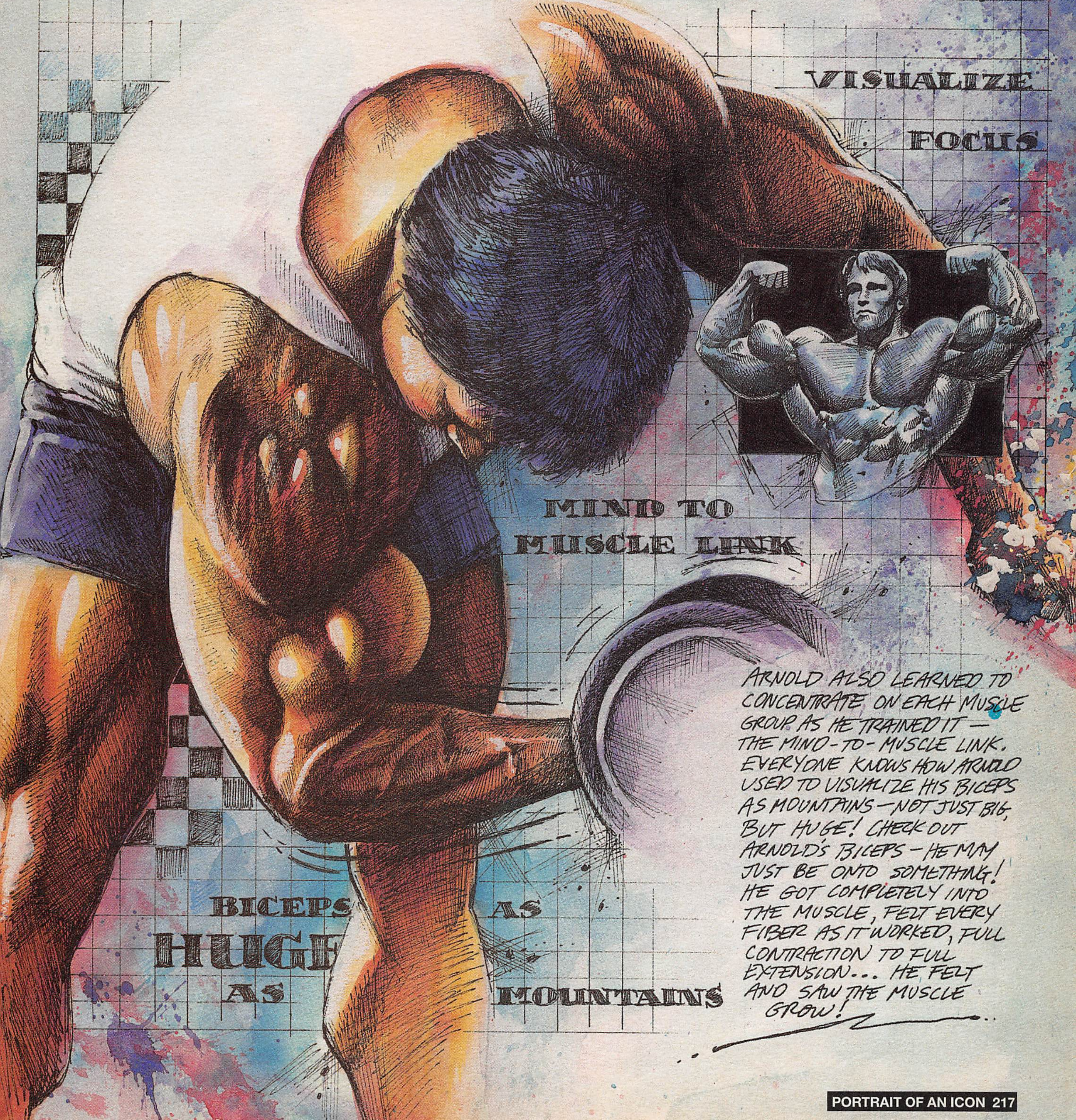
SELF-ASSESSMENT WILL USUALLY SHOW THAT ONE BODY PART OR ANOTHER IS MUCH WEAKER THAN THE REST. ARNOLD BELIEVED IF SUCH WAS THE CASE, YOU COULD CORRECT IMBALANCES USING THE "PRIORITY PRINCIPLE" — TRAIN YOUR WEAK AREAS FIRST, WHEN YOU ARE FRESH AND STRONGEST. ARNOLD FIRST REALIZED HIS LOWER BODY WAS LAGGING BEHIND HIS UPPER BODY, SO HE MADE IT'S TRAINING A PRIORITY. HE ALSO INCREASED THE NUMBER OF SETS FROM 5 TO 7. ARNOLD TRAINED WITH THE FOCUS ON HIS LOWER BODY UNTIL IT CAUGHT UP WITH HIS UPPER BODY, UNTIL HIS PHYSIQUE WAS BALANCED.



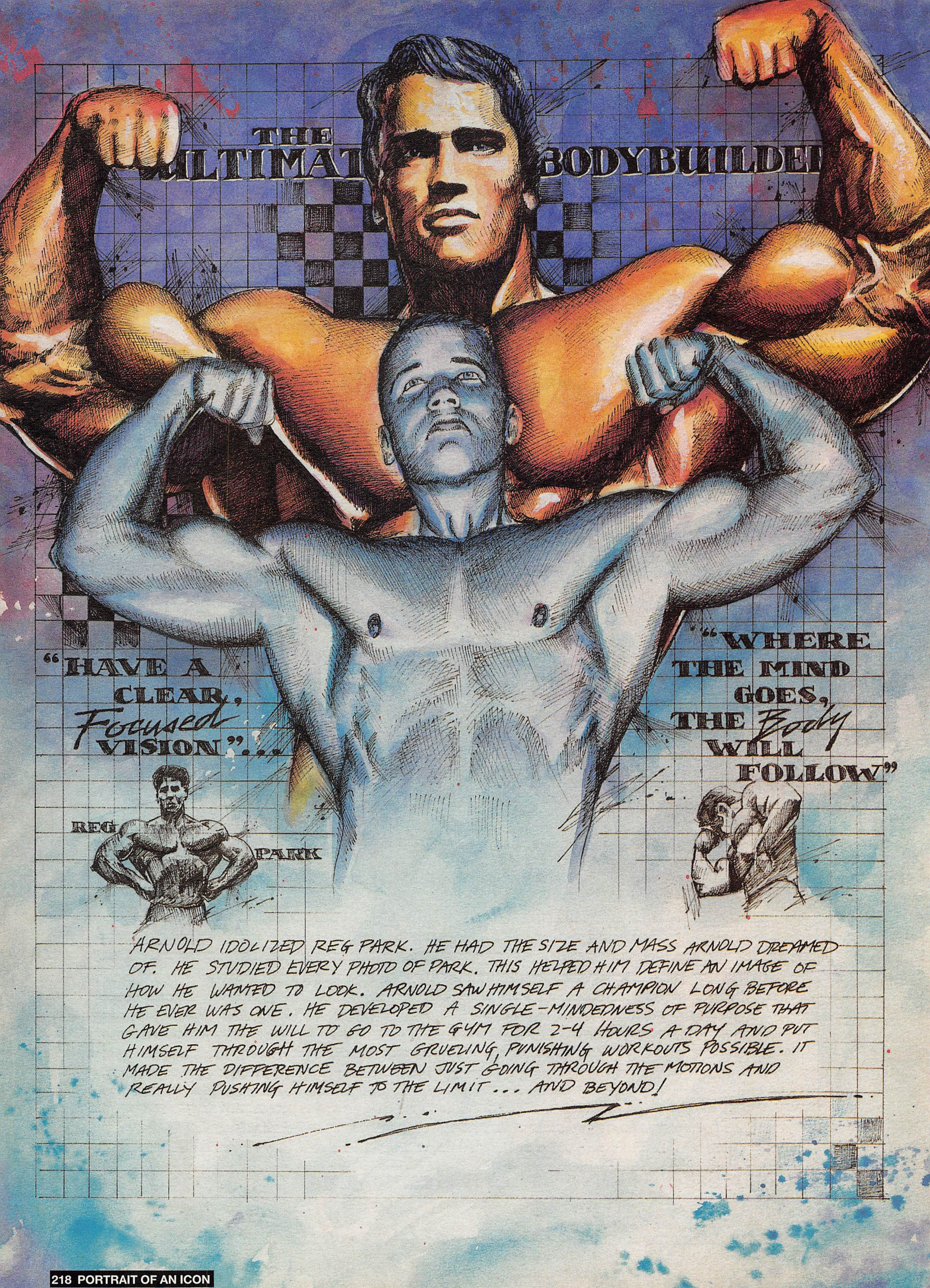


# The MIND, the most POWERFUL TOOL-

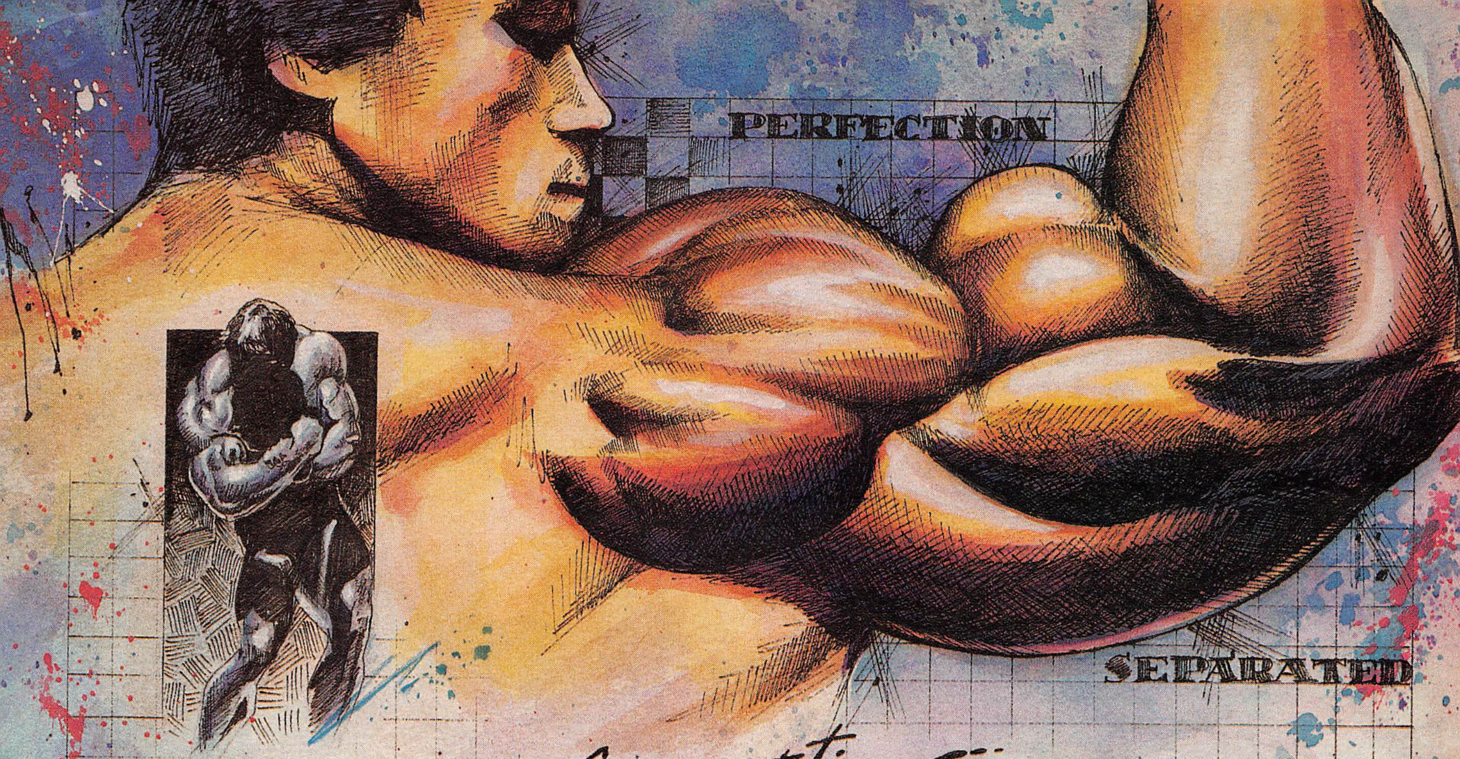
ARNOLD BELIEVED IF HE HAD ONE EDGE ON ALL HIS COMPETITORS, IT WAS HIS CONTROL OVER HIS MIND. THE BODY WILL NEVER FULLY RESPOND TO YOUR WORKOUTS UNTIL YOU UNDERSTAND HOW TO TRAIN THE MIND AS WELL. THE MIND IS A DYNAMO, A SOURCE OF VITAL ENERGY. THAT ENERGY CAN BE NEGATIVE AND WORK AGAINST YOU OR YOU CAN CONTROL THAT ENERGY INTO A POSITIVE FLOW AND GIVE YOURSELF UNBELIEVABLE WORKOUTS AND TO BUILD A PHYSIQUE THAT LIVES UP TO YOUR WILDEST DREAMS. "WHERE THE MIND GOES, THE BODY WILL FOLLOW." — A SAYING ARNOLD ALWAYS BELIEVED IN. IF YOU WANT TO BE MR. AMERICA OR MR. UNIVERSE, YOU HAVE TO HAVE A CLEAR VISION OF YOURSELF ACHIEVING THESE GOALS. CONCEIVE AND BELIEVE — THEN YOU'LL ACHIEVE!



ARNOLD ALSO LEARNED TO CONCENTRATE ON EACH MUSCLE GROUP AS HE TRAINED IT — THE MIND-TO-MUSCLE LINK. EVERYONE KNOWS HOW ARNOLD USED TO VISUALIZE HIS BICEPS AS MOUNTAINS — NOT JUST BIG, BUT HUGE! CHECK OUT ARNOLD'S BICEPS — HE MAY JUST BE ONTO SOMETHING! HE GOT COMPLETELY INTO THE MUSCLE, FELT EVERY FIBER AS IT WORKED, FULL CONTRACTION TO FULL EXTENSION... HE FELT AND SAW THE MUSCLE GROW!


THE ULTIMAT BODYBUILDE
"HAVE A CLEAR, Focused VISION"...
"WHERE THE MIND GOES, THE Body WILL FOLLOW"
REG PARK

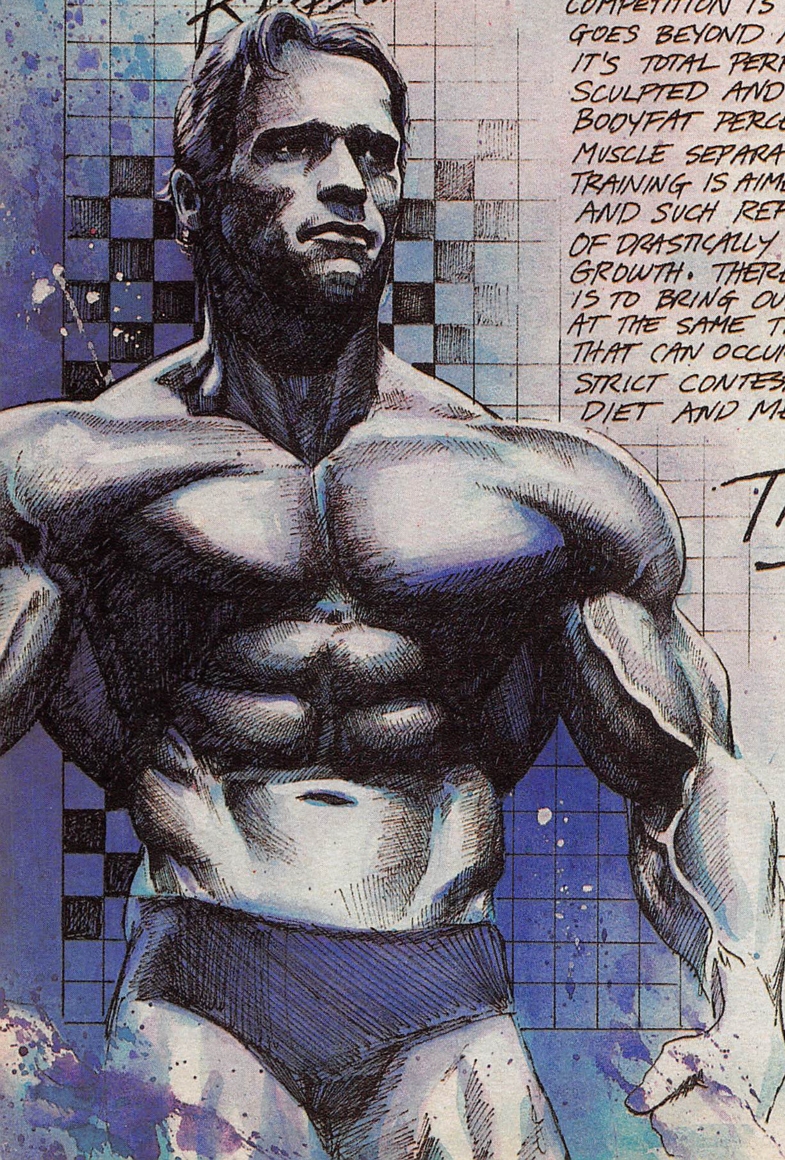
ARNOLD IDOLIZED REG PARK. HE HAD THE SIZE AND MASS ARNOLD DREAMED OF. HE STUDIED EVERY PHOTO OF PARK. THIS HELPED HIM DEFINE AN IMAGE OF HOW HE WANTED TO LOOK. ARNOLD SAW HIMSELF A CHAMPION LONG BEFORE HE EVER WAS ONE. HE DEVELOPED A SINGLE-MINDEDNESS OF PURPOSE THAT GAVE HIM THE WILL TO GO TO THE GYM FOR 2-4 HOURS A DAY AND PUT HIMSELF THROUGH THE MOST GRUELING, PUNISHING WORKOUTS POSSIBLE. IT MADE THE DIFFERENCE BETWEEN JUST GOING THROUGH THE MOTIONS AND REALLY PUSHING HIMSELF TO THE LIMIT ... AND BEYOND!



**MASSIVE, BALANCED, AND Ripped...**

## Competition... ARNOLD'S THOUGHTS

COMPETITION IS A WHOLE NEW BALLGAME. PHYSICALLY IT GOES BEYOND MASSIVE, BALANCED AND DEFINED. NOW IT'S TOTAL PERFECTION — EVERY MUSCLE AND MUSCLE GROUP SCULPTED AND CHISELED INTO ITS ULTIMATE FORM AND A BODYFAT PERCENTAGE SO LOW THAT EVERY STRIATION AND MUSCLE SEPARATION SHOWS ITSELF CLEARLY. COMPETITION TRAINING IS AIMED AT PRODUCING COMPLETE REFINEMENT, AND SUCH REFINEMENT IS USUALLY ACHIEVED AT THE COST OF DRASTICALLY SLOWING DOWN THE RATE OF MUSCULAR GROWTH. THEREFORE YOUR AIM IN TRAINING FOR A CONTEST IS TO BRING OUT AS MUCH MUSCULARITY AS POSSIBLE WHILE AT THE SAME TIME MINIMIZING THE LOSS OF MUSCLE GROWTH THAT CAN OCCUR WHILE SUBJECTING YOUR BODY TO SUCH STRICT CONTEST REGIMENS — INCREASED TRAINING INTENSITY, DIET AND MENTAL FOCUS.



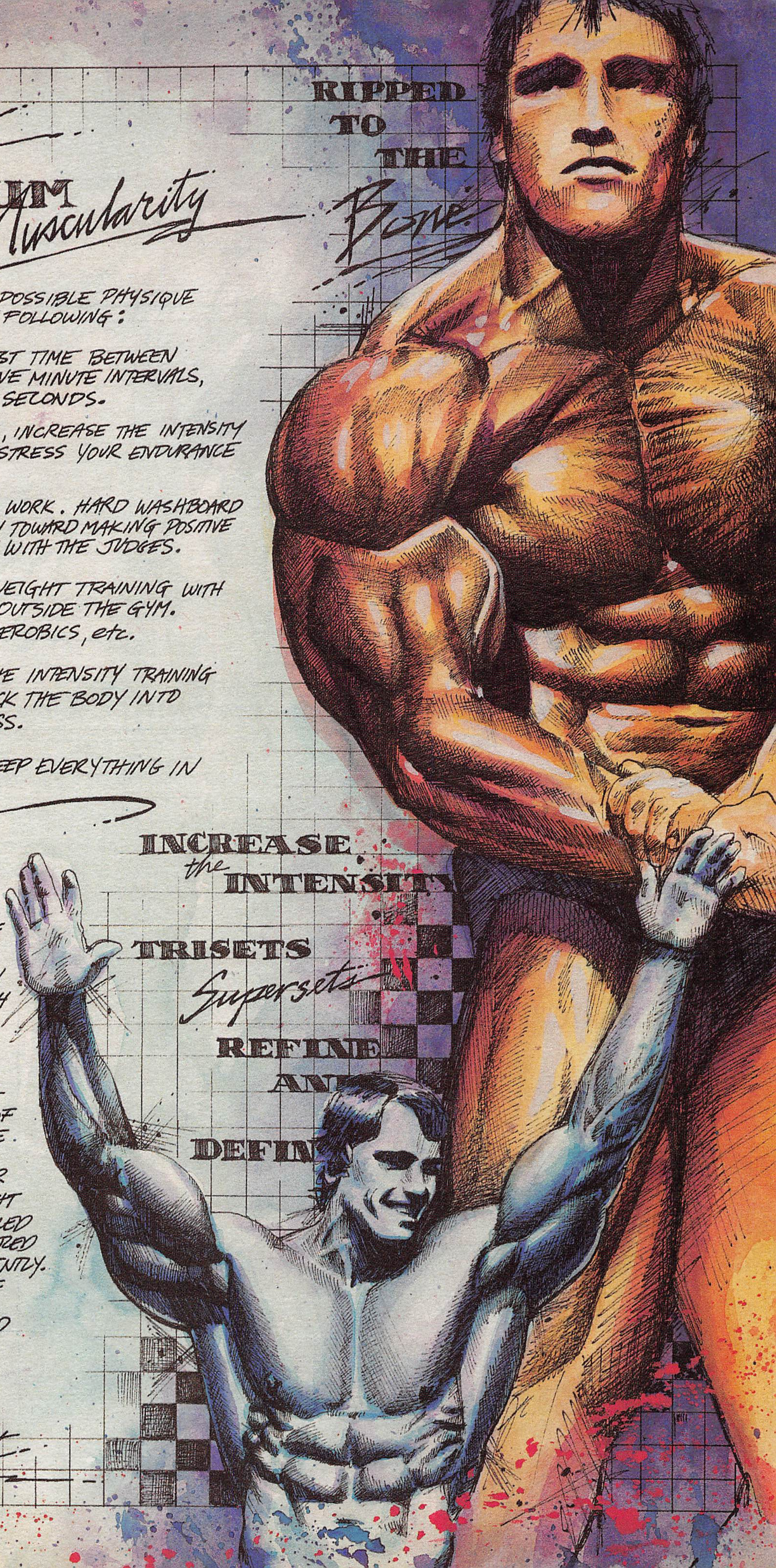
## The Elements of COMPETITION Training

1. Higher Volume of Training
2. Increased Training Pace
3. Additional Training Principles and Exercises
4. Sharper Mental Focus

# Training for MAXIMUM Muscularity

GETTING THE HIGHEST POSSIBLE PHYSIQUE QUALITY INVOLVES THE FOLLOWING:

1. CUT DOWN YOUR REST TIME BETWEEN SETS. INSTEAD OF ONE MINUTE INTERVALS, REST FOR ONLY 30 SECONDS.
2. BESIDES SUPERSETS, INCREASE THE INTENSITY BY DOING TRISETS – STRESS YOUR ENDURANCE CAPACITY.
3. DO A LOT MORE AB WORK. HARD WASHBOARD ABS GO A LONG WAY TOWARD MAKING POSITIVE VISUAL IMPRESSIONS WITH THE JUDGES.
4. SUPPLEMENT YOUR WEIGHT TRAINING WITH AEROBIC TRAINING OUTSIDE THE GYM. RUNNING, BIKING, AEROBICS, etc.
5. MAKE USE OF ALL THE INTENSITY TRAINING PRINCIPLES TO SHOCK THE BODY INTO FURTHER PROGRESS.
6. HAVE FUN AND KEEP EVERYTHING IN PERSPECTIVE.



THE QUALITY PHYSIQUE MUST SHOW CLEAR SEPARATION BETWEEN MUSCLE GROUPS. EACH INDIVIDUAL MUSCLE GROUP SHOULD SHOW CLEAR INTERNAL DISTINCTION. TOTAL MUSCULARITY IS A RESULT OF TRAINING EACH MUSCLE SO THOROUGHLY THAT EVERY PLANE, CONTOUR AND ASPECT IS BROUGHT OUT AND FULLY REVEALED ONCE YOU HAVE LOWERED YOUR BODYFAT SUFFICENTLY. THIS REQUIRES HOURS OF WORK AND DEDICATION, PLUS MANY SETS AND REPS.

# Competition Training Split

| MON | TUES | WED | THUR | FRI | SAT |
|---|---|---|---|---|---|
| Morning | | | | | |
| CHEST<br>BACK | SHOULDERS<br>ARMS<br>FOREARMS | CHEST<br>BACK | SHOULDERS<br>ARMS<br>FOREARMS | CHEST<br>BACK | SHOULDERS<br>BACK |
| Evening | | | | | |
| LEGS | | LEGS | | LEGS. | |
| CALVES AND ABS EVERY EVENING WORKOUT. | | | | | |

"NO Pain, NO Gain!"

Abdominals: BEGIN WORKOUT WITH 10 MINUTES OF ROMAN-CHAIR SITUPS

Chest and Back:

| | | |
|---|---|---|
| DEADLIFTS | | 3 SETS – 10, 8, 6 REPS |
| SUPERSET: | WEIGHTED CHINUPS – BEHIND NECK | 4 SETS – 15, 12, 8, 6 REPS |
| | INCLINE BARBELL PRESSES | 4 SETS – 15, 12, 8, 6 REPS |
| SUPERSET: | BENCH PRESSES | 4 SETS – 15, 12, 8, 6 REPS |
| | CHINUPS – TO FRONT | 4 SETS – 15 REPS |
| SUPERSET: | DUMBELL FLYES | 4 SETS – 10 REPS |
| | WIDE-GRIP BENT-OVER BARBELL ROWS | 4 SETS – 12 REPS |
| TRISET: | NAUTILUS PULLOVERS | 4 SETS – 15 REPS |
| | DIPS | 4 SETS TO FAILURE |
| | CABLE FLYES | 4 SETS – 12-15 REPS |
| TRISET: | SEATED CABLE ROWS | 4 SETS – 10 REPS |
| | ONE-ARM CABLE ROWS | 4 SETS – 10 REPS |
| | DUMBELL PULLOVERS | 4 SETS – 15 REPS |

Thighs:

| | | |
|---|---|---|
| SUPERSET: | LEG EXTENSIONS | 5 SETS – 12 REPS |
| | SQUATS | 5 SETS – 15-20 REPS |
| SUPERSET: | FRONT SQUATS | 5 SETS – 12-15 REPS |
| | LEG CURLS | 5 SETS – 12 REPS |
| SUPERSET: | HACK SQUATS | 5 SETS – 15 REPS |
| | LEG CURLS | 1 TO 10 METHOD |
| STRAIGHT-LEG DEADLIFTS | | 3 SETS OF 6 REPS, STANDING ON A BLOCK. |

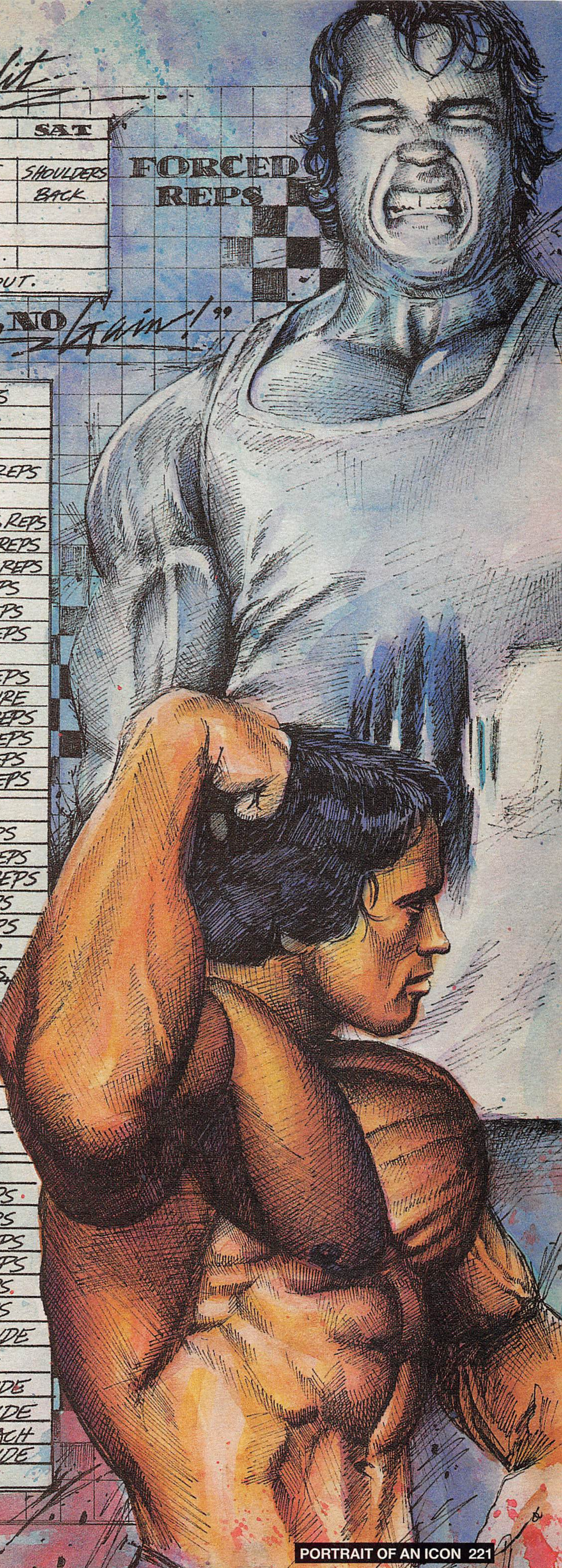
Calves:

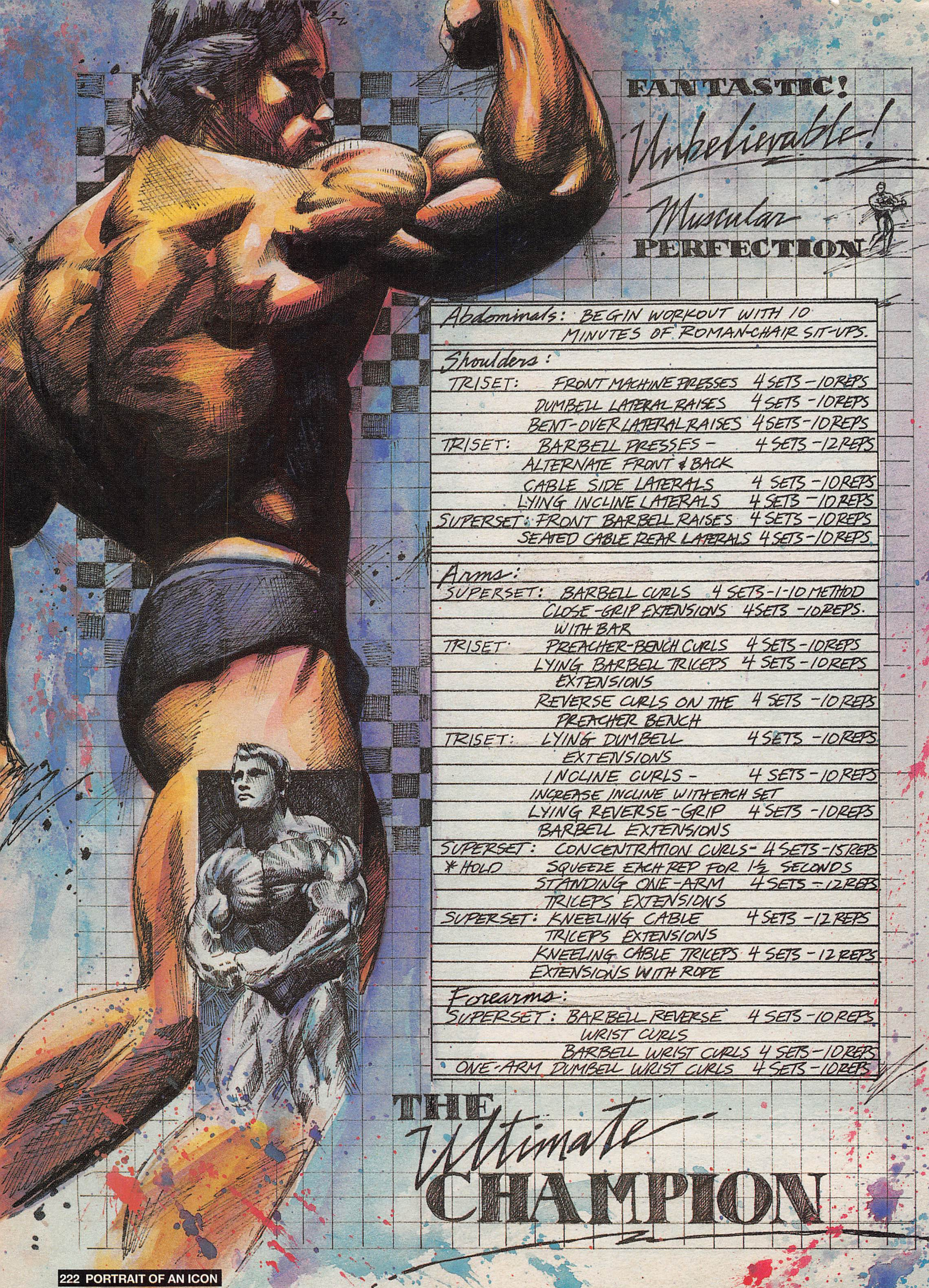
* ALTERNATE FOOT POSITION: TOES IN, FORWARD, OUT

| | |
|---|---|
| DONKEY CALF RAISES | 5 SETS – 15 REPS |
| STANDING CALF RAISES | 5 SETS – 10 REPS |
| SEATED CALF RAISES | 5 SETS – 15 REPS |
| FRONT CALF RAISES | 5 SETS – 15 REPS |

Abdominals: NO REST BETWEEN EXERCISES.

| | |
|---|---|
| INCLINE BENT-KNEE SITUPS | 30 REPS |
| WITH TWIST | 30 REPS |
| CHINNING BAR LEG RAISES, STRAIGHT LEG | 20 REPS |
| BENT LEG | 20 REPS |
| CRUNCHES | 50 REPS. |
| BENT-KNEE LEG RAISES | 50 REPS |
| ALTERNATE LEG PULLS | 30 REPS EACH SIDE |
| SEATED LEG TUCKS | 30 REPS |
| SEATED TWISTS | 100 REPS EACH SIDE |
| REAR LEG RAISES | 50 REPS EACH SIDE |
| SIDE LEG RAISES, STRAIGHT LEG | 30 REPS EACH SIDE |
| BENT LEG | 30 REPS EACH SIDE |
| REAR SCISSORS | 50 REPS |





# FANTASTIC! Unbelievable! Muscular PERFECTION

**Abdominals:** BEGIN WORKOUT WITH 10 MINUTES OF ROMAN-CHAIR SIT-UPS.

**Shoulders:**

| | | |
|---|---|---|
| TRISET: | FRONT MACHINE PRESSES | 4 SETS -10 REPS |
| | DUMBELL LATERAL RAISES | 4 SETS -10 REPS |
| | BENT-OVER LATERAL RAISES | 4 SETS -10 REPS |
| TRISET: | BARBELL PRESSES - ALTERNATE FRONT & BACK | 4 SETS -12 REPS |
| | CABLE SIDE LATERALS | 4 SETS -10 REPS |
| | LYING INCLINE LATERALS | 4 SETS -10 REPS |
| SUPERSET: | FRONT BARBELL RAISES | 4 SETS -10 REPS |
| | SEATED CABLE REAR LATERALS | 4 SETS -10 REPS |

**Arms:**

| | | |
|---|---|---|
| SUPERSET: | BARBELL CURLS | 4 SETS -1-10 METHOD |
| | CLOSE-GRIP EXTENSIONS WITH BAR | 4 SETS -10 REPS. |
| TRISET: | PREACHER-BENCH CURLS | 4 SETS -10 REPS |
| | LYING BARBELL TRICEPS EXTENSIONS | 4 SETS -10 REPS |
| | REVERSE CURLS ON THE PREACHER BENCH | 4 SETS -10 REPS |
| TRISET: | LYING DUMBELL EXTENSIONS | 4 SETS -10 REPS |
| | INCLINE CURLS - INCREASE INCLINE WITH EACH SET | 4 SETS -10 REPS |
| | LYING REVERSE-GRIP BARBELL EXTENSIONS | 4 SETS -10 REPS |
| SUPERSET: | CONCENTRATION CURLS- | 4 SETS -15 REPS |
| *HOLD | SQUEEZE EACH REP FOR 1½ SECONDS | |
| | STANDING ONE-ARM TRICEPS EXTENSIONS | 4 SETS -12 REPS |
| SUPERSET: | KNEELING CABLE TRICEPS EXTENSIONS | 4 SETS -12 REPS |
| | KNEELING CABLE TRICEPS EXTENSIONS WITH ROPE | 4 SETS -12 REPS |

**Forearms:**

| | | |
|---|---|---|
| SUPERSET: | BARBELL REVERSE WRIST CURLS | 4 SETS -10 REPS |
| | BARBELL WRIST CURLS | 4 SETS -10 REPS |
| | ONE-ARM DUMBELL WRIST CURLS | 4 SETS -10 REPS |

# THE Ultimate CHAMPION

# Contest DIETING

FEW INDIVIDUALS FIND THEMSELVES NEAR OR AT THEIR CONTEST WEIGHT AS A COMPETITION APPROACHES WITHOUT MAKING A SPECIAL EFFORT. MOST OF US NEED TO BURN OFF EXCESS FAT IN THE MONTHS PRIOR TO COMPETITION. THE TWO FOLLOWING POINTS SHOULD BE CONSIDERED:

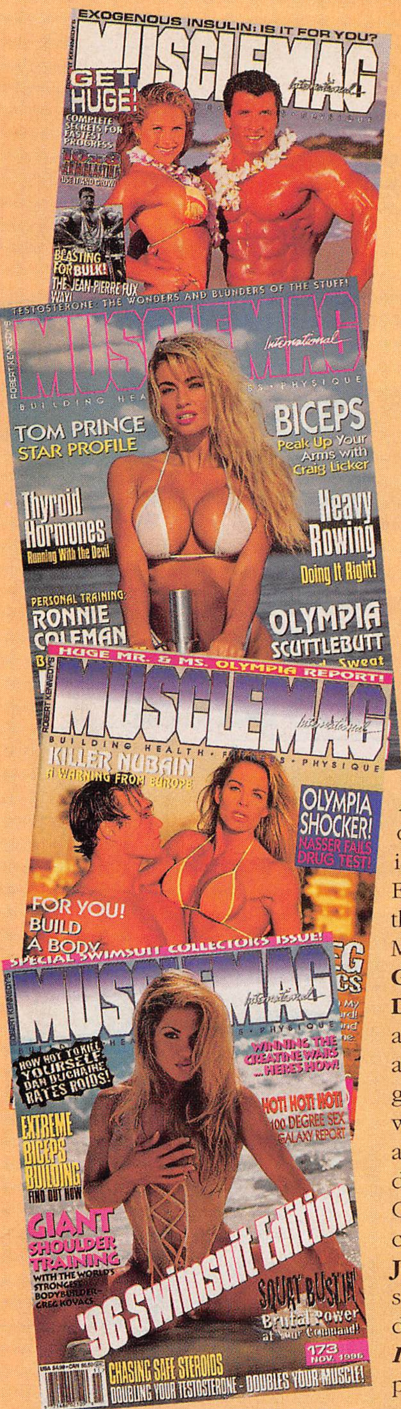
**1** GRADUALLY CUTTING BACK ON CALORIC INTAKE 8-12 WEEKS BEFORE A CONTEST. THIS DEPENDS ON HOW MUCH FAT YOU HAVE TO LOSE. AIM TO LOSE NO MORE THAN 2 LBS. A WEEK.

**2** A SUPER STRICT DIET BEGINNING 3-6 WEEKS BEFORE THE CONTEST TO ATTAIN MAXIMUM DEFINITION AND MUSCULARITY. THIS IS DESIGNED TO RID THE BODY OF THE FINAL FILM OF FAT AND EXCESS FLUIDS.

WITH DIETING, AS WITH COMPETITION, IT'S IMPORTANT TO LEARN YOUR BODY, UNDERSTAND YOUR BODY TYPE, AND VARY YOUR DIET PROGRAM TO SUIT YOURSELF.

Note: THE ART AND SCIENCE OF BODYBUILDING HAS PROGRESSED SO MUCH SINCE ARNOLD'S COMPETITIVE DAYS THAT HIS DIET HABITS ARE MORE OR LESS OUTDATED. I'VE ONLY NOTED SOME OF ARNOLD'S MORE BASIC BELIEFS.

CALORIES
PROTEIN
FATS
CARBOHYDR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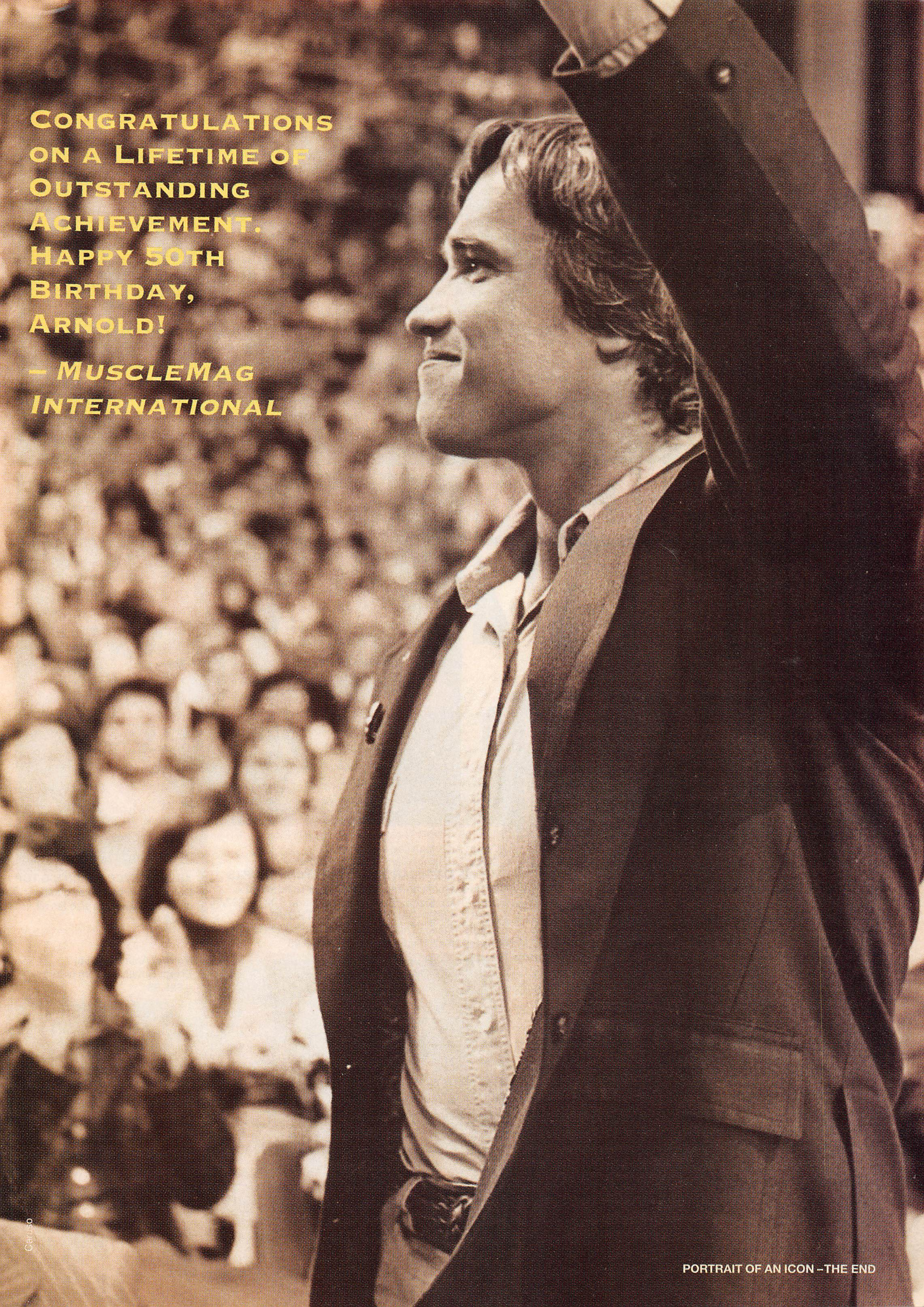

**CONGRATULATIONS ON A LIFETIME OF OUTSTANDING ACHIEVEMENT. HAPPY 50TH BIRTHDAY, ARNOLD!**

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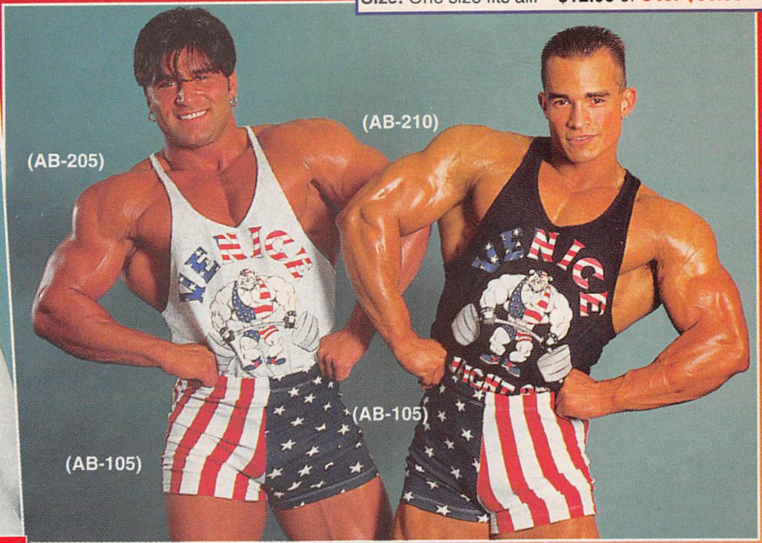

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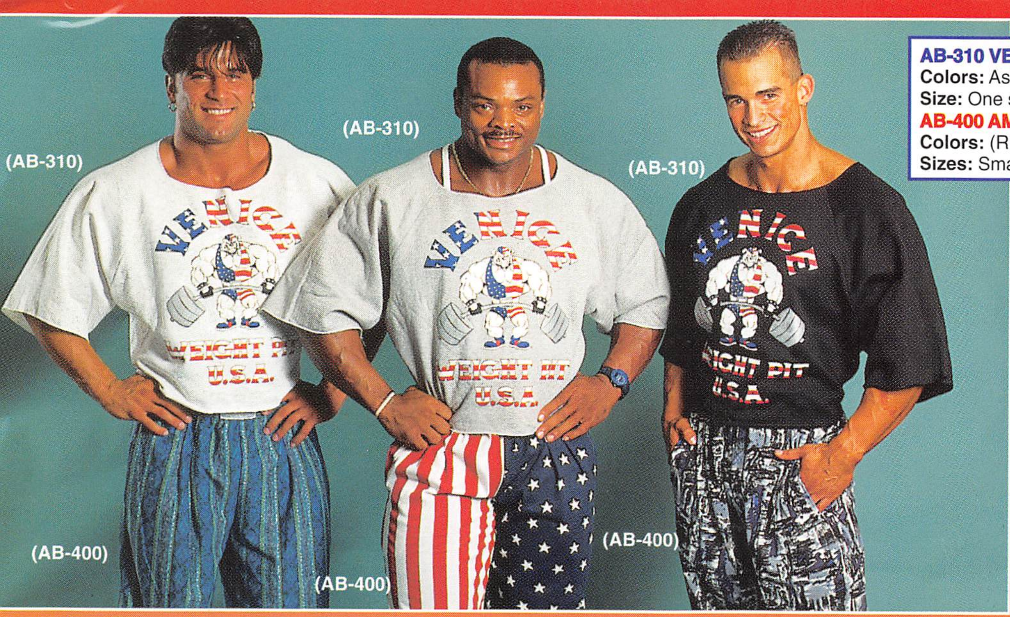

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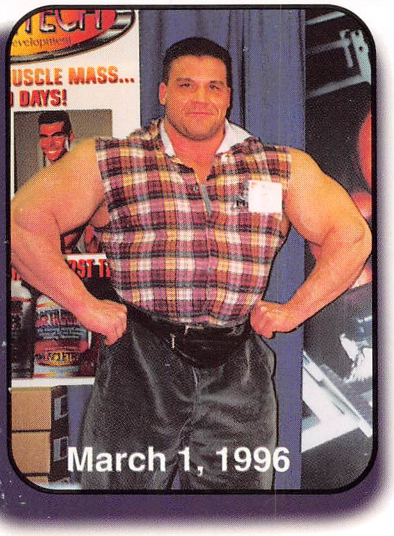

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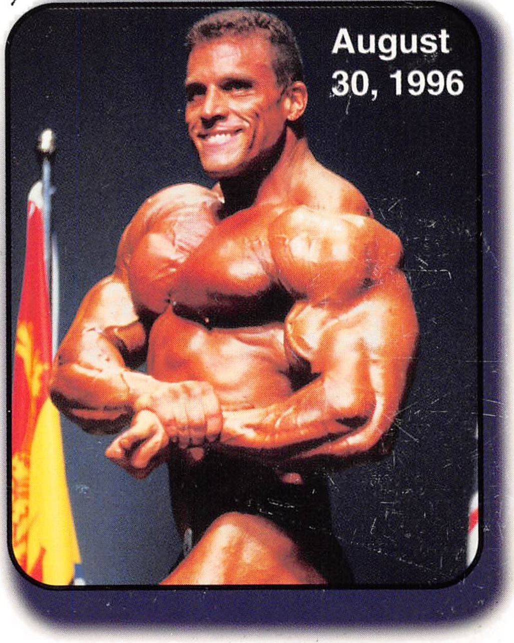

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